



2018 MUST HAVE!

The 10 Foods To Detoxify Your Body

Cannot manage to lose weight?

These are the 10 foods to detoxify your body

Most people who gain weight believe that this is due to increased eating or lack of exercise, and do not realize that there is another dominant reason: the amount of toxins accumulated in their bodies.

Although awareness of the subject of exposure to toxins has recently increased, most of us still do not understand its importance and do not associate its implications for the symptoms we feel, such as obesity. In order for weight loss not to be more difficult or even impossible, reducing exposure to external toxins and building a menu of food components that fight toxins in the body must be an integral part of the process.

Where do the toxins come from?

Everything we eat, touch or breathe throughout the day affects the level of toxins in our body, and the list is quite long: excess consumption of fat, food containing chemicals, polluted water, food coloring, processed sugar, alcohol, antibiotics and hormones, detergents and disinfectants. Contaminated, cigarette smoke, heavy metals and radiation. Even stress, sleep deprivation, and depression increase the body's exposure to toxins.



The good news is that in our body, as a sophisticated machine, there are several organs-including the intestines, the liver, the pancreas and the lungs-

that purify the harmful toxins. But the changes in the world and industrial progress, which provide quality of life and comfort, have significantly increased our exposure to toxins to the point where the body's drainage and cleaning systems collapse under load.

It is clear that it is best to minimize the exposure to new toxins, but because there are things that have become so entrenched in current functioning (who is willing to give up his cell phone, Walk to work or refuse the king's meal with the mother-in-law), The body should be helped with a little external support.

The connection between toxins and obesity

When the toxins accumulate in the body, the liver and other systems try to filter them and clean the body as quickly as possible.

But when the liver is clogged, the body seeks to escape toxins by producing fat that will isolate the toxins from the rest of the body's tissues and prevent them from causing damage.

In that kind of situation it is very difficult to lose weight, because it is difficult to remove the fat to protect the body from toxins. Those with strong motivation who manage to lose weight will find that the fat returns quickly to its place, and even in larger quantities, since the body will want to immediately pad the places where it is reduced. The greater the amount of toxins in the body, the more fat it takes to isolate them and hence the weight gain.

Exposure to toxins affects not only the ability to lose weight, but also the long chain of diseases and troublesome symptoms:



chronic exhaustion, lack of energy, slow digestion, gas, heartburn, unexplained hunger, susceptibility to winter illnesses, food allergies, headaches, insomnia, thirst, Difficulty breathing, infections, skin problems and dryness, red eyes, hair loss and hemorrhoids. Sometimes the condition even deteriorates into chronic and dangerous diseases. This is a respectable enough list to understand that attention needs to be paid to changing the attitude.

Perhaps it is better to fast at all?

In some therapists, detoxification from the body is treated more radically and is based on fasting. Fasting is a complex thing that requires close supervision and taking a "time out" from our everyday functioning and conduct. Fasting is not suitable for most people, sometimes causes damage to other systems in the body and has many side effects

Anyone who suspects that their level of exposure to poisons is particularly high should take care of the matter with a professional. All the rest can make a slight change in the daily menu and adopt some of the body's "cleansing and disinfecting" nutrients, and will only do you good:

Cleanser 1: Fresh fruits

Especially apple, artichoke and pineapple. The apple contains pectin, which helps to get rid of the effects of heavy metals and cleans the liver and kidneys. Artichoke contains a CINARIN that purifies and protects the liver, improves gallbladder function and increases the





secretion of bile juices that help break down fat, among other things. In addition, the CINARIN is a diuretic and for that helps to clean the kidneys. Fresh pineapple contains bromelain, an enzyme that eliminates toxins in the intestines and digestive system.

Cleanser 2: Lemon

Lemon stimulates the release of enzymes that help to make the toxins dissolve in water so that the

body can easily get rid of them. Open the day with a glass of water mixed with lemon juice, and you will enjoy a drink that has a basic effect that is healthy for the body and helps the acidity level in it.

Cleanser 3: green leafy vegetables

Spinach, dandelion, beet leaves, parsley and cabbage. The green leafy vegetables are considered to be the most natural nutritional ingredients containing minerals and phytochemicals, including chlorophyll, which helps to cleanse toxins in the body due to exposure to heavy metals, smog and detergents. The green leafy vegetables contribute to the body antioxidants for cleansing the liver, intestines, lungs and digestive system. Parsley also has a diuretic effect that helps clear the kidneys, one of the most important organs, to clean up waste from the body.

Cleanser 4: beets

The beet fiber helps to increase the production of antioxidant

enzymes in the liver, which help the liver and gallbladder reduce the level of toxins in the body.

Cleanser 5: scalding- Dandelion tea and green tea

The dandelion plant is one of the most medicinal plants in nature.

It strengthens the liver and digestive system, purifies blood and urinates. Studies have shown that the plant stimulates the flow of bile juices and improves liver-related conditions such as gallbladder inflammation, gallstones and jaundice.

Green tea contains katchin, a flavonoid that increases liver function and increases the production of enzymes that take care of the body.



Cleanser 6: Root vegetables- Garlic and ginger

Garlic affects all kinds of toxins in the body, even those that result from mental stress. Garlic tuber increases phagocytosis, a process in which the body destroys foreign cells, and it also activates the enzymes that help the body filter waste materials. Garlic is also considered to clean the blood, as a natural antibiotic and is especially recommended for heart health.

Ginger helps the liver build an anti-oxidant response in the case of future intruders, and fights the free radicals already present in the body. The active ingredient in ginger also responds to cancer cells in their early stages: it eliminates them and prevents the formation of new cells. In addition to this, he has been credited with helping

digestion and strengthening the immune system.

Cleanser 7: Spices- Turmeric and Watercress

Turmeric helps increase the production of bile juices and their flow, so it is ideal for cleaning the liver. It also manages to revitalize liver cells and improves their ability to break down toxins. Turmeric calms the stomach, is an antioxidant and anti-inflammatory.

The watercress has a high content of Glucosinolates, substances that increase the activity of the liver enzymes responsible for cleansing the body. Also, it is a diuretic that helps the body wash out the waste, it purifies the blood and encourages the production of enzymes, and reduces the level of acidity and inflammation in the body.

Cleanser 8: cruciferous vegetables- Broccoli, sprouts, cabbage and cauliflower

These vegetables are considered antioxidants. They increase the concentration of

glutathione, a powerful antioxidant that helps liver break down toxins from metabolism, stress, poor nutrition and exogenous toxic chemicals. The vegetables reduce the damage of free radicals in the body, they improving the immune system, among the main victims of exposure to toxins.

In addition, cruciferous vegetables contain sulfur compounds. Sulfur is a mineral that attaches



toxins to it and helps to respect the detoxification phase, in which the toxins become soluble in water instead of fat soluble. This necessary process allows the toxins to be removed from the body.

Cleanser 9: seaweed

In addition to the numerous vascular properties attributed to seaweed, they absorb Endogenous and exogenous toxins from the intestines. Seaweed has a positive effect during inflammatory diseases in the light receptor cells in the eye, as well as an anti-acid effect on the body that also helps to cleanse the inflammation.

Cleanser 10: Exercise

While this is not a food, exercise is an important element in achieving the goal, beyond burning calories. It increases the release of toxins from the body in several ways: the secretion of sweat, which is the emission of waste materials and toxins from the body, encouraging the activity of the secretive organs and helping to prevent constipation, Endorphins secretion that reduces stress levels.



With all the importance of the subject, there is no need to conduct an ascetic life to reduce exposure to toxins. The awareness of their sources will guide you with a moderate reduction, and it is enough that these ingredients are regularly integrated into the meals menu at home - there is no need to eat them every day.