

## Detox Diet for Better Nutrition and Health

There are many different conceptions about diet and nutrition. That's why a process such as detoxification and change of diet is important to rejuvenate your body by flushing out toxins acquired through our foods and life habits. How do I know when I need one? This is often indicated when symptoms appear because the body and some of the organs are no longer coping the normal way. Our body has ways in letting us know when things are not performing the way they should. The problem as in human nature: We ignore the warning signs when they come along, and over time these warning signs if not taken care of develop in to major health issues. This article is provided by [Detox Thailand](#).



### The System Becomes Overloaded

It is normally a natural bodily process of removing toxic substances from the system. But through certain lifestyles a continued build up of toxic material may reach a level where it will create an imbalance in the body unless flushed out. This also can happen if the body's systems are blocked by contaminants and pollutants of which the body has been exposed to, or by consuming too much processed foods and carbohydrates. This can make the system incapable of effectively cleansing itself of these toxins. These are toxins which your body's organs (mainly the liver) are responsible for extracting any waste products, otherwise there is increasing risk of illness and disease. With such overload of toxic poison symptoms appear which are the warning signs from the body. Such as muscle pain, tiredness, indigestion, odour or bad breath, skin ailments, irritable bowel syndrome, lack of concentration, and in general just feeling down and not knowing why. These symptoms should never be ignored. They are a strong signal that the body organs functions are not as good as they should.

### Foods to Avoid In a Detox Cleans!

When going on a detox diet the purpose is to cleanse the body by removing poison and toxins from it. The main reason and the benefits from such diets come from avoiding high processed foods containing wrong

fats, refined artificial sugar, and salt. Further to this, such foods being contaminated by certain ingredients which are not in favour of our health and not necessary for human life. Such as flavour enhancers, food colourings, and various artificial preservatives. Since detox diets involve consuming limited foods or elimination of certain foods from the diet, this will cause your body to burn its accumulated stored fats. Using this process the fat-stored toxins are released into the blood, and removed through the skin, urine, blood, and faeces. During detox you should avoid using drugs. Cut back on alcohol, tobacco and coffee. Avoiding or reducing stress is also important because these types of diets are holistic and natural in their approach. Therefore, any changes in your lifestyle can alter the benefits of a detox diet-cleansing and rejuvenation.

### **Foods You Should Eat!**

This involves eating pure and natural foods which help the function of kidneys, liver and lymph. Specific diets are various, but most advise fasting for a certain time. Over this time you need to follow a strict diet of fruits and fruit juices (be better to make your own juice), raw or only light steamed vegetables and water. Some of the detox diets also advocate the use of herbs and specific supplements for colon cleansing to empty ones intestines. By chewing well any food consumed the food you swallow is easy to digest when it actually reaches the digestive system. Taking smaller bites can even lead to a slimmer waistline. Chewing food better and more often before swallowing will also reduce overall food intake. Lots of fluid is important, such as home-made juices, broths and water. Several glasses of water between meals are also recommended, opposed of drinking water with your meals. However, for better health one should adopt the practices of healthy living such as eating a balanced diet based on protein sources, fruits and vegetables, whole grain, nuts, and implementing regular physical activity such as walking or body exercise, and approaching life with a positive attitude.

The main step to a wholesome life is the change into a healthy diet as suggested by Detox Phuket. Before going on to any detoxification program, it is advisable to consult your physician first, especially if you are anaemic, diabetic, on medication or pregnant etc.