

6 Ways To NATURALLY Detoxify Your Body



GET HEALTHY U

Most people at one time or another have tried a “quick-fix” detox plan in an attempt to flush their body of too much processed food, lose weight or feel less bloated and sluggish.

Unfortunately, overnight cleanses, diet pills or cayenne-pepper drinks aren’t going to deliver long-term results in any of those areas. In fact, the rebound weight gain or overindulgence afterward may make you feel even worse.

The truth is, your body already comes with several built-in detoxification systems—your colon, liver, kidneys, lungs, lymph and skin to name a few—and they work to naturally eliminate toxins and keep things functioning properly every day. Luckily, there *are* ways to help your body do what it does best by aiding the natural detoxification processes already taking place—and that’s where this guide comes in.

By using the following methods, you’ll boost circulation, more efficiently rid yourself of toxins that can make you sick or lethargic and replenish your body with the healthy nutrients it needs. If you follow these tips you’ll start feeling and looking your best from head to toe—no supplements or crazy fasts required. So whether you’ve overindulged with one too many slices of French silk pie this season (we’ve been there) or simply want to feel more energized and healthy, here are eight natural ways to help your body detox, recharge and reset for the new year ahead.

Sweat It Out

Your skin is your body's largest organ, so it's no surprise that [sweat is essential to the body's natural detoxification process](#). In fact, your skin is responsible for eliminating nearly one pound of waste per day through your sweat—adding up to approximately a quarter of your body's total waste. Even if it doesn't sound like the most appealing practice on the planet, you can see why it's important to keep perspiring!

In the winter you may not sweat as much as the summer, so spend some time in a sauna, steam room or take a hot bath once in a while to draw toxins from your skin more efficiently. Adding Epsom salts to a steamy bath can increase perspiration—and as a result, detoxification—while also easing aching joints and muscles.



Boost Circulation With Exercise



It's only natural to feel sluggish and tired when we don't get enough exercise: our blood isn't circulating as well as it should and our heart and lungs aren't getting a workout! Remembering to incorporate movement every day will boost blood circulation and help your body look and feel its best. Moving a little more each day will also improve your mood, [boost your immune system](#) and rev your metabolism. As we mentioned above, sweating is essential to cleanse your body of toxins, so the more active you are, the more you're helping your skin flush out toxins, too. Yoga and meditative practices like Qigong or Tai Chi are other great ways to improve circulation while combining the added benefits of cleansing your mind of harmful or negative thought patterns; a healthy mind is as essential for a healthy self as anything else.

Try Fermented Foods

Fermented foods are known to be amazing detoxifiers that cleanse your body from the inside out. Try incorporating things like sauerkraut or kimchee into your diet, or our favorite: [kombucha](#) (so many fizzy flavors to choose from, so little time!). These foods all help you maintain healthy gut flora—and as we've learned, gut health is essential to your

overall health. The good bacteria found in fermented foods keeps your digestive system working properly, boosts your immune system and has even been shown to help [clear skin](#) and [increase energy levels](#).

Get Your 8 Glasses of H2O A Day —And Add Lemon

Drinking enough water every day improves digestion, circulation and the transportation of nutrients—not to mention it flushes toxins out of vital organs and keeps your cells functioning properly. Aim to drink at least eight 8-ounce glasses of water per day. Also, try and drink water at least 30 minutes before eating to fully hydrate your stomach lining, which aids digestion.



Adding lemon to your water is another great way to detox: lemon juice stimulates the natural enzymes in the liver, which in turn, helps it to better flush out toxins. [Lemon water](#) also alkalizes the blood and counteracts the impact of eating acidic foods. Just squeeze a slice or two into your water each morning to reap the amazing benefits of this detoxifying fruit.

Get Spicy

Incorporating certain spices into an already healthy diet is a mild way of assisting your body's natural detoxification processes by boosting the functions of the [liver, lymphatic system and skin](#)—some of the body's major detoxifiers. Add these spices to your favorite recipes whenever possible and reap the benefits of natural detoxification while also adding extra flavor!

Turmeric
Cinnamon
Oregano
Cumin
Ginger
Fennel
Saffron
Rosemary

Fill Up On Fruits, Veggies & Other Fiber-Rich Foods

[Fruit and veggies are full of micro-nutrients](#) that our bodies need to detox every day.



They're also full of fiber, which acts as a natural “vacuum cleaner” for the colon, aiding elimination. What else contains fiber? Grains like brown rice, oatmeal, chia seeds and flaxseeds. Start adding more of these foods to your plate each day instead of carbohydrates or processed foods and notice a change not only in how your body looks but how it *feels*.

Print off this list of naturally-detoxifying foods and bring it with you on your next grocery shopping trip:

Cucumber: Almost all water (95%), it helps flush out toxins and alkalize the body.

Lemons: Also a great alkalizer for the body, in addition to being anti-bacterial, anti-viral and a digestive aid.

Beets: Contains a group of phytonutrients called betalains that support detoxification of the liver.

Broccoli: Full of antioxidants, it also helps neutralize and eliminate toxins from the body.

Garlic: Stimulates the liver to encourage production of detoxification enzymes.

Asparagus: A heart-healthy and anti-inflammatory veggie that helps with liver drainage to get rid of toxins.

Kale: Filled with fiber and sulfur that helps keep your liver healthy and running smoothly.

Oranges: High in antioxidants, particularly vitamin C. Aids in the production of glutathione, a compound that is essential for detoxification in the liver.

Parsley: Thanks to the presence of apiol and myristicin, parsley is a natural diuretic that reduces water retention and bloating and cleanses the kidneys of bacteria and germs.

Artichokes: Full of cynarin, which increases bile production and promotes healthy digestion.



All of these things are fairly easy to do and don't require potions, pills or starving yourself. It's all about getting back to the proper way of thinking and taking care of our bodies through good nutrition and exercise instead of looking for that miracle product or quick fix. Try these six tips and start to notice the changes that take place in how your body looks and feels—we bet you'll start to feel cleaner, leaner and happier before you know it.