Clearing toxins from the body is important as it promotes weight loss and improves overall health. But you don't have to invest in expensive supplements or challenge yourself to undergo special diets. Making small changes can keep you running strong. Below are a few ways to help your body detox naturally.

7-9 hours of sleep every night allows the body to recharge while flushing toxins from your system.

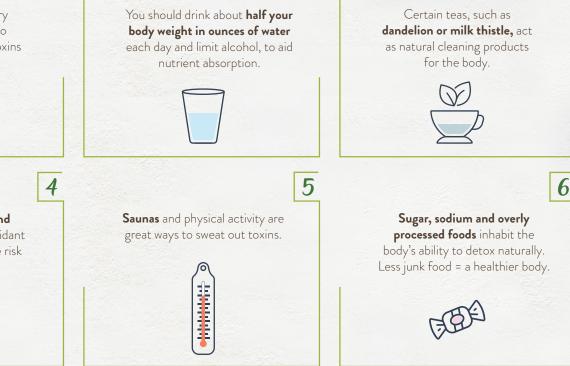
1

ZZZ

Eating plenty of **fruits and vegetables** increases antioxidant intake while decreasing the risk of certain diseases.

2

Natural



3

Franciscan HEALTH

Sources: healthline.com, health.com, mindbodygreen.com, shape.com, rd.con