

# Natural Ways

to

# DETOX



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.

1

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



2

You should drink about **half your body weight in ounces of water** each day and limit alcohol, to aid nutrient absorption.



3

Certain teas, such as **dandelion or milk thistle**, act as natural cleaning products for the body.



4

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



5

**Saunas** and physical activity are great ways to sweat out toxins.



6

**Sugar, sodium and overly processed foods** inhibit the body's ability to detox naturally. Less junk food = a healthier body.

