

How to Ease Your Way Through A Full Body Detox:

1. **Drink plenty of fresh water** to flush the body of toxins from the detoxification cleanse. Some professionals recommend distilled water as the best. Drink from 3 to 4 quarts (or liters) per day. This will help flush the toxins out of your system and speed along the detoxification.
2. A headache may indicate insufficient water intake...drink more water!
3. **Avoid “white” foods.** White flour products (bread, pasta, etc), milk and all dairy products, sugar and starches (white rice, potatoes).
4. **Eat light meals.** Chicken, turkey, vegetables and soups are especially beneficial.
5. **Avoid red meat.**
6. **Be kind to yourself** and get the rest that you need. If you are feeling fatigued or sleepy, your body is telling you to rest.

NOTE: On occasion, a reduction of the dosage or temporary cessation may be required until the severity subsides. Symptoms frequently disappear immediately after a good bowel movement. A good massage might be helpful to speed up the healing process and reduce the discomfort.

The benefits of a detoxified, pure body far outweigh any inconveniences that you might experience during the process. Many people describe experiencing *a feeling of lightness*, others are unable to describe what they experience other than to say they can't remember when they felt better.

