



## Treat Your Body To A Detox With These Easy Tips

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Do you often get tired or experience midday energy crashes? Do you feel all sorts of pain or easily get sick? If you've answered yes to any of these questions, then maybe it's time for you to detox your body.

Toxins that have accumulated inside your body are due to unhealthy eating and exposure to harmful environments. And, getting rid of them through detoxification can significantly improve your overall well-being. It will help you feel less sluggish, have a clearer mind and greater focus, and at the same time, feel more energetic. Also through detoxification, your body will eliminate toxins through the kidneys, the lungs, the liver, the intestines, and even the skin. This way, you will have a stronger immune system and improved body functions so you can fight off diseases.

Fortunately, you don't need to follow strict detox diet plans. Try any of these easy ways to detox your body:



### **Reduce your sugar intake**

By reducing the amount of sugar you consume, your body will not need as much insulin. This keeps the pancreas from being overworked, thus performing its function more effectively. Start gradually by simply reducing and cutting the amount of sugar you add in your daily meals and drinks such as pancakes and coffee, as well as your baked goods. The next thing you know, you have greatly reduced your intake of sugar and you won't even notice the difference!



### **Minimize consumption of white breads**

White breads are easily digested and may result to a sudden increase of blood sugar and insulin levels in the body. And after this reaction, it will result to lower blood sugar which will make a person hungry again and crave for carbohydrates or sugar. If you also happen to be sensitive to gluten, eating white bread is somehow like adding glue in your body. This then overworks your digestion and makes it difficult for you to have normal bowel movement. Avoiding white breads is difficult but it might be a good idea to minimize how much of it you eat. Switch to whole grain bread, if possible.



### **Stay hydrated**

Getting enough water in your body is vital to our overall health. Water helps keep your body's temperature normal, lubricate and cushion joints, and protects your spinal cord. Likewise, drinking the minimum 8 glasses of water a day helps keep the body's pH level balanced and helps eliminate body wastes through a proper functioning kidney and regular bowel movement.



### **Increase your fiber intake**

Fiber acts like a broom that sweeps the toxins out of the digestive tract. Hence, eating more high-fiber foods may help improve digestive function and bowel movement. To have a natural and refreshing way to detoxify, there's [Del Monte Fiber Enriched 100% Pineapple Juice](#). Each 240mL can is rich with nature's phytochemicals, Vitamin C, and is enriched with 4 grams of fiber equivalent to a bowl of salad that may help your body's proper digestion and detoxification.

So give yourself a chance to heal and detoxify by trying any of these easy tips. You need not to go into extremes in order to experience a healthy, enjoyable life. Keep it safe and keep it simple. Give your body what it needs and for sure, you'll feel the difference as your body thanks you for it.

#### **Source:**

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