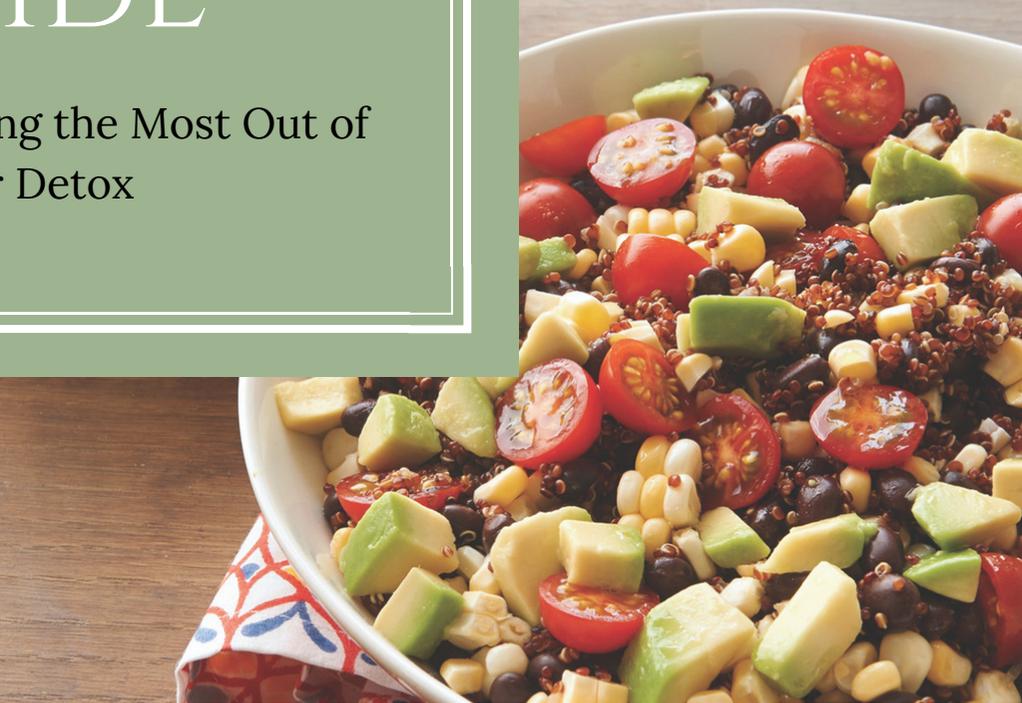




DETOX GUIDE

10 Tips for Getting the Most Out of
Your Detox



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- 1. Drink plenty of water.** Water helps flush out toxins and staying well hydrated will also keep hunger at bay. If you find it difficult to drink plain water, try flavoring your water with your favorite citrus fruit or add a few slices of cucumber and a sprig of mint.
- 2. Get your zzz's.** If you're doing a detox or just trying to lose weight, getting a little extra time in the sack could make a tremendous difference. When you sleep, your body repairs itself. Too little sleep and this process is disrupted. Try going to bed 10-15 minutes earlier each night until you are getting a minimum of seven to eight hours each night.
- 3. Focus on light exercise.** During a detox is not the time to go out and attempt a marathon. Give your body time to heal and focus on light exercise like walking and yoga.
- 4. Practice mindful eating.** Be conscious while you're eating. If you're taking the time to eat, then take the time to enjoy.



5. Clean out your pantry. Cleaning out your pantry, refrigerator and freezer - discarding any foods that can potentially sabotage your healthy eating quest - signals the first step to long-term success.

6. Wait it out. When food cravings hit, wait a few minutes before you give in. Finding another way to occupy your time will allow the craving to pass.

7. Keep a food log. Simply writing down what you eat can help you make healthier choices and combat mindless eating.

8. Skip artificial sweeteners and diet sodas during your detox. Stick to water and herbal tea as much as possible. You can have black coffee during your detox, but steer clear of the fake stuff.

9. Shrink your plate. During your detox, the volume of food you are eating may be less than normal. Simply switching to smaller plates will help you consume less without feeling deprived.

10. Do what works best for you. If you don't like one of the detox recipes, simply have one of your favorites twice. And if you have limited time to cook, try the short-on-time plan.

