

Total Body Cleanse:

Natural and Nutritious Way to Cleanse and
Detox your Body, Lose Fat and Increase Your
Energy

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Table Of Contents

Introduction

Chapter 1 The Importance of Body Cleanse

Chapter 2 Body Cleanse Diet Guide

Chapter 3 Body Cleanse Lifestyle Habits

Chapter 4 Specific Body Cleanse

Chapter 5 External Cleanse Conclusion

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Introduction

I want to thank you and congratulate you for downloading the book, “Total Body Cleanse”.

This book contains proven steps and strategies on how to perform body cleanse.

People tend to place too much stress on their body. Consuming fast foods and not getting enough sleep can compromise your health. A sedentary lifestyle can also have physical and mental side effects.

Toxins are everywhere from air pollution to food contaminants. The body is capable of cleaning itself but too much toxins buildup can cause a lot of problems. There are things that you can do to help the body get rid of toxins easily. Total detoxification promotes the consumption of healthy foods and drinks that have cleansing capabilities. You can also include exercise, massages and other detox methods into your routine.

It is essential to realize the importance of body cleanse. Regular detoxification can keep the body functioning well. It also energizes the body and improves organ function.

Detox cleanse may conjure images of tasteless diets but you do not need to go to extreme measures to clean your body. You can implement habits that can gently detoxify your body. This book gives you several cleanse tips and options so you can choose one that fits your preference and lifestyle.

Thanks again for downloading this book. I hope you enjoy it!

Chapter 1 The Importance of Body Cleanse

People are always exposed to high levels of toxins from foods to chemicals. Free radicals can be formed inside the body too. Despite medical advancements, there are still a lot of people suffering from disease and illness. Nearly all of disease are caused or magnified by toxic buildup. The toxins may attach to thyroid hormones which can cause slow metabolism. It can also contribute to other chronic disease like cancer, ovarian disease, stroke, infertility, cardiovascular disease and even dementia.

How does the body deal with toxins?

Living without toxin is not possible but the body is usually capable to deal with it. The body triggers certain responses like urination, sweating and crying as a way to cleanse the body of toxins.

While toxins are part of daily life, an over abundance of chemicals and pesticides from the environment can overwhelm the immune system and lead to many disease.

The liver is the most important organ in natural detoxification. It can process fat soluble compounds like toxins into water soluble compounds. This makes it easier for the body to flush it out through excretory organs. The body has its own way of detoxification and it is one of the foundations of health and wellness.

Importance of Detoxification

You should not wait until you have contracted chronic disease before you do a body cleanse. Toxin build up has milder symptoms like migraine, rashes, aches, allergies and constipation.

Detoxification is essential to reverse these symptoms. There are a lot of things that you can do to help the body get rid of toxins and you should find a detox process that works well for you.

Detox process may look intimidating but it does not have to be. You do not have to go to extreme measures to clean your body. In fact, an overall healthy diet and active lifestyle can go a long way in ensuring that you are reducing toxin buildup.

Chapter 2 Body Cleanse Diet Guide

The food and drink that you consume can have a great impact on your health. You can start diet habits that can flush toxins out of your body.

Drink a lot of water

Water flushes the impurities from your system and helps maintain a good bowel movement. Water also keeps the skin supple and clear.

Drinking water is the simplest and cheapest way to cleanse the body. It is also the first step in many detoxification protocols. Aim to drink eight glasses of water every day. You can place a glass of water in your desk to remind yourself to sip water throughout the day. You can also pair each snack or meal with water. Consuming foods high in water like cucumber and watermelon can also help.

Include fiber in your diet

Fiber is a great addition to your diet to promote proper digestion. Eating more fiber helps stimulate your bowel movement and can prevent bloating. Fiber also removes toxins and preservatives in the digestive tract.

The best source of fiber includes whole grain products like cereals, pasta and bread. Fruits and vegetables also contain fiber.

Limit the consumption of alcohol and coffee

There are many detoxification processes that advise on limiting or eliminating caffeine and alcohol. Coffee and alcohol contains toxins that can prevent the kidney and liver from performing detoxification process.

Coffee is often exposed to pesticides and other chemicals because of the growing process. If you need caffeine to get you started in the morning, a cup of green tea is a much better choice since it contains antioxidant properties.

Alcohol contains toxins, which is developed through the fermentation process. It also produces acetaldehyde, which is a toxin that is metabolized in the body.

Reduce the consumption of simple carbohydrates

Refined carbohydrates like white rice and pasta are stripped of nutrients and vitamins. They can make you feel full for only a short amount of time and can trigger blood sugar spikes. Also, these types of carbohydrates contain preservatives and toxins.

Switch to healthier option like whole grain foods and other complex carbohydrates like wholegrain bread, brown rice and legumes. Complex carbohydrates are also beneficial to the digestive system and can clean out the toxins left by refined carbohydrates.

Consume super foods

A total body cleanse isn't just about restricting certain foods from your diet, it also involves eating nutritious food. Super foods have many health benefits and can speed up the detoxification process. Here are some of the best super foods that you can include in your cleanse diet.

- Garlic

Garlic has the ability to improve liver function and aid in the production of healthy enzymes that clear toxin from the body. It also contains allicin and selenium which aids in liver function.

- Beets

Beets are red super foods that contain antioxidant and anti inflammatory properties. Eat beets raw since cooking it can reduce their health benefits.

- Kale

Kale is healthy green vegetables that have great cleansing properties. It is an alkaline food that can neutralize sugar and toxin before it is flushed out of the body.

- Lemon

Lemons and other citrus fruits are one of the best natural cleansers. It is the reason why lemons are included in many body cleanses. The citric acid in lemons dissolves the toxins in the body and makes it easier to be flushed out through urination.

- Cucumber

Cucumber is made up of 95% water. It is also an alkaline food which can balance toxins in the blood.

- Turnip greens

Turnip greens are rich in antioxidants and sulfur nutrients. The body needs sulfur to remove toxins from pharmaceuticals, metals and environmental toxins. Turnip greens also contain glucosinolates which can regulate detoxification enzymes.

- Sunflower seeds

Sunflower seeds are high in Vitamin E and selenium. It has properties that can detoxify the liver and reduce cholesterol buildup in the blood and arteries. Make sure to consume organic sunflower seeds since its oil can soak up the chemicals in the production.

- Red pepper

Vitamin C is an essential vitamin in body cleanse. Vitamin C can transform toxins into digestible materials. One red pepper has three times more vitamin C than one orange.

Drink herbal teas

Herbal teas have many cleansing benefits and have more flavor than plain water.

- Dandelion tea

Dandelion tea can stimulate the gall bladder, liver and kidney. It decreases water retention and helps remove impurities from the body. Dandelion tea can also have a stabilizing effect on blood sugar and can boost immune system.

- Licorice tea

Licorice tea can work as an internal cleanser. It supports liver function and eliminates waste build up. However, licorice tea can also have negative effect on people with high blood pressure so it is best to consult your doctor first.

- Burdock tea

Burdock tea is a natural cleanser which can detoxify the blood. It helps remove impurities from the intestines. It can stimulate liver function which is helpful after consumption of heavy alcohol.

Turn to organic foods when you can

Eating organic foods have many health benefits. While it is not necessary to eat only organic food, there are some foods that are best consumed organic. As a general rule, foods that can be eaten with the peel should be consumed organic. Examples of these include apple, tomatoes and strawberries.

Turn to probiotics

Probiotics are substances that can help eliminate bacteria in your body. In its natural form, probiotics contain good bacteria that can improve gut health and prevent bad bacteria overgrowth. It can also help remove bad bacteria in the system.

Chapter 3 Body Cleanse Lifestyle Habits

Your lifestyle can affect your health. A total body cleanse does not only involve food and drinks, you should also adapt healthy habits to make the detoxification process easier.

Stop smoking

Smoking can introduce toxins in the body. It contains nicotine and other harsh chemicals. These toxins will not disappear immediately even if you quit smoking. The body can get rid of the toxins on its own but you can speed up the process by drinking water, eating fiber rich food and exercising.

Get a good and intense massage

A good massage may seem like a luxury but it can also have other benefits. It can help detoxify the body. Make sure that you focus on the pressure points in the body. A Swedish massage is a great option but Sports massage can work better.

Make sure that the massage targets deep tissue muscles to make it work. Pushing the pressure points makes it easier to release the toxins. Drink a lot of water after the massage to flush the toxins out.

Sweat it out with exercise

Exercise is a part of a healthy lifestyle. When you work out, you are not only burning fat, you are also getting rid of toxins in the body. As you sweat, the toxins come out of your body. Exercise can also help improve digestion and circulation.

Try acupuncture

Acupuncture is an ancient practice that can help with several ailments. The patient lies down and needles are inserted into the skin to reach areas that may be causing pain and discomfort. Although the process might look painful to an outsider, acupuncture can be very relaxing and the results show immediately. Acupuncture is one of the best ways to cleanse the body. It is considered as a holistic approach that can also help relieve anxiety and stress.

Make sure that you take the time to find a good acupuncturist that you can trust. It is also a good idea if you find someone who is specifically knowledgeable in detoxification and cleansing process.

Sleep

Sleeping is not a luxury but an important part of a healthy lifestyle. Without enough rest, you will compromise your immune system and increase the risk of disease.

Lack of sleep can also lead to stress and weight gain. You may be awake but do not have enough energy to get things done. Ultimately, sleep deprivation can make it difficult for you to make healthy choices.

Avoid environmental toxins

Environmental toxins are common and repeated exposure can lead to disease. Toxins may not affect you immediately but can build up in your system over time.

Environmental toxins range from smog to chemical fumes. Make sure that you do everything to stay away from these environmental toxins.

Try yoga

Exercise in general is good for your overall health. Yoga is one of the best exercises that can help clean your system naturally. Yoga can also help place you in a meditative state. Practicing yoga helps you relieve stress and give your mind a boost.

Yoga poses enhances your flexibility and enhances your ability to breathe and expel harmful substances. As you move through these poses, you are helping your circulatory system as well.

Manage your stress

Stress is actually good for the body as long as you know how to handle it. However, if it gets out of control, stress can trigger various diseases and can even affect your state of mind.

Too much stress can lead to weight gain, lack of energy and illness. You are also prone to make unhealthy choices if you are stressed. The body also holds on to

toxins if you are stressed. Learning how to take care of yourself properly can enable you to manage stress.

Opt for herbal home remedies first before taking antibiotics

The medicine that should help you overcome disease may contribute to toxin buildup in your system. Medicines like antibiotics contain harmful substances that accumulate in your system over time.

Opt to try home remedies first before you take medicine. You can fight off common illness like cold and cough with herbs, spices and even green smoothies. These remedies are healthier options and can also help you prevent toxin buildup in your body.

Learn to meditate

Just like exercise, meditation can also help you get rid of toxins. It has a lot of mental benefits as well. Meditation can help you let go of the stress and problems that are troubling you. Practicing meditation regularly can help you operate at full capacity.

Learn to listen to your body

One of the main principle behind a total body cleanse is learning how to take care of yourself better. You have to learn how to listen to your body and react accordingly. This ensures that you are in the best of health. Sometimes symptoms like lack of energy and sleep problems are taken for granted but it can indicate other internal problems. You know your body better than anyone else so pay attention to the indications of stress buildup.

Chapter 4 Specific Body Cleanse

Specific body cleanses can jump start the detoxification process. There is a lot of body cleansing protocols and you can certainly find one that can suit your lifestyle.

Try fasting for one to two days

Fasting is popular way to cleanse the body. It involves reducing food consumption while flushing toxins out of your body by drinking a lot of liquid. The main idea is to have a fresh clean start after the system has been cleaned.

Aim to fast for one to two days. Some people can fast up to one week but you shouldn't do this if you have never fasted before since it can produce shock. You should consume high amount of water and water-rich food.

Lemonade cleanse

The lemonade cleanse or master cleanse is one of the most popular cleanses. It involves the consumption of water, lemon juice, cayenne pepper and maple syrup. People drink a combination of these ingredients for three to ten days. The lemonade cleanses claims to flush toxins from your body and even aid in weight loss.

To make one serving, combine four tablespoon of lemon juice with half teaspoon of maple syrup and half teaspoon of cayenne pepper. Stir it into a glass of water. Drink four to five servings in one day.

Apple and Ginger cleanse

The lemonade cleanse can be too intense for some people. If you want a gentler approach, try the apple and ginger cleanse. You only need to do his cleanse for one day to a week and you are allowed to consume light and healthy snacks.

It also includes psyllium husk powder that can bind to waste products in the body and makes it easier to be flushed out. Prepare a juice cleanse by mixing eight ounces of organic apple juice with one teaspoon of psyllium husk and one teaspoon of ground ginger. Blend well at high speed. Make sure that you consume a lot of water throughout the day to keep your digestive system moving.

Salt water flush

Salt water flush is another popular cleanses but it can be an unpleasant experience. Salt is a natural disinfectant and can flush waste and toxin from the intestines. This process is very effective and is even used as an alternative to colonic irrigation procedures. It involves drinking a glass of salt water and waiting until the toxins are eliminated through your bowels.

To make a salt solution, dissolve two teaspoon of non iodized salt into one quart of lukewarm water. Drink it after waking up and consume as quickly as possible. Lie on your right side for 30 minutes to aid the passage of the water to the intestines.

However, be aware that this cleanse may cause intense diarrhea but it usually subsides after one to two hours. Do not attempt the salt water cleanse if you have kidney or liver problems.

Green smoothie cleanse

Green smoothies in general are great addition to your diet. Blending vegetables can make it easier for you to consume the recommended amount of produce. Green smoothies can cleanse your body without resulting to any form of deprivation. You can replace one meal a day with a serving of green smoothie.

You want to choose a juice that does not only help you cleanse your body but also provides you with your needed nutrients. You can try different juices every week just to see what works for you. Here are some smoothies that you can try.

- Super Green

Ingredients: 1 ¼ cups chopped kale, 2 medium celery, 1/4 cup flat leaf parsley, 1 ¼ cups cubed mango, 1 cup fresh orange juice and ¼ cup fresh mint

Place all of the ingredients in a blender and process it until smooth. Pour into two glasses.

- Kale smoothie

Ingredients: ½ pear, ½ cucumber, 1 cup kale, 1 scoop hemp, ¼ cup avocado, half lemon, ½ ginger and ½ cup coconut water

Blend all of the ingredients and pour into two glasses. This smoothie is also rich in protein and is a great to drink after working out.

- Spirulina smoothie

Ingredients: 1/2 banana, 1/2 cup almond, 1/2 cup blueberries, 1 tsp spirulina, 1/4 avocado and 1 tbsp hemp.

Combine ingredients in a blender and process until smooth. Pour into a tall glass.

- Alkaline smoothie

Ingredients: 1/2 pear, 1 cup almond milk, 1 tbsp hemp, 1/4 avocado, 1 tsp chia seeds, 1/4 cup coconut milk and 1 cup spinach

Place ingredients in a blender then process until smooth. Make 2 servings.

- Belly smoothie

Ingredients: 1 cup papaya, juice of half a lime, 1 cup coconut kefir and 1 tbsp raw honey

Blend the ingredients and pour into one tall glass.

- Jicama and hemp smoothie

Ingredients: 5 large lettuce leaves, 1/4 avocado, 1/2 cup jicama, 1 whole lime, 1 medjool date, 1/2 apples, 1/2 cucumber, 1 cup cilantro, 4 scoop hemp protein and water

Combine the ingredients in the blender and process until smooth. The recipe makes 1-2 servings.

- Morning smoothie

Ingredients: 1 large cucumber, 1 cup romaine lettuce, 1 broccoli stem, 1/2 lemon, 1 cup kale, 3 celery stalks and 1 green apple

Wash all of the ingredients and place in a blender. Process the ingredients until smooth then pour into a glass.

- Mint apple berry

Ingredients: 1/2 green apple, 8 mint leaves, 1/4 cup organic berries. 2 tbsp hemp seeds, 4 lettuce leaves and 8 oz water

Place all of the ingredients in a blender and process until smooth.

Chapter 5 External Cleanse

A total body cleanse should include internal and external cleansing procedures. Cleaning your body externally can also make you feel cleaner all over.

Skin brushing

Skin brushing or dry brushing is a practice that has many health benefits. It can exfoliate the skin and help reduce cellulite. Brushing your skin is also a great way to increase circulation in the body.

Choose a fine bristle brush for a gentle exfoliation. Start at the feet and use gentle and slow brushing motions. Slowly work your way up to your legs. Take time to focus on areas like the knees and ankles. Work in circular motions then move to your midsection and across your chest. Brush your arms and up your shoulders.

You should do this right before you take a bath since it will open up your pores and any treatment that you apply in the shower will penetrate the skin better.

Epsom salt detox bath

Epsom salt is rich in sulfate and magnesium. These minerals are easily absorbed into the skin and aids in detoxification. Epsom salt baths are very relaxing and can even boost your immune system.

An Epsom bath can stimulate your lymph system and increase oxygen flow in the body. It can also help smooth muscle pains. The sulfate in Epsom salt is also helpful in building proteins in the digestive tract. It can stimulate the pancreas to produce digestive enzymes to detoxify the body.

To make a detox bath, mix 2 cups of Epsom salt and 10 drops of detox essential oil in warm water. The best essential oils are rose, sandalwood, tea tree and lavender. Using very hot water can dry your skin. Soak in the bath for 40 minutes to allow your body to remove toxins. You can do a detox bath 2-4 times a week.

Clay bath

Clay baths also aid in detoxification. A clay bath provides gentle detox by soaking up toxins and pulls it outside the body. Clay particles have negative electrons while toxins have positive electrons. Toxins are attracted to the clay. You might

even observe that the clay is stuck on certain spots in your body. These spots are where the toxin has surfaced.

Bentonite clay is used for clay baths. Make sure that you get uncontaminated clay. Place 4 cups of clay powder in your hot bath water. Soak in the bath for 30 minutes. You can also rub the clay in your neck and behind the ears. This will help the body release more toxins. Wash your body thoroughly after.

Hydrogen peroxide detox bath

This is also referred to oxygen detox bath. It can help reduce toxin in your system and also have antibacterial effects. It is greatly recommended if you have been traveling a lot or have been exposed to a lot of environmental toxins.

Add three pints of hydrogen peroxide into your warm bath water. Add two ounce of ground ginger to promote circulation. Soak for half an hour. Drink lots of water after.

Conclusion

Thank you again for downloading this book!

I hope this book was able to help you to detoxify your body.

The next step is to try these body cleanse methods regularly and learn how to detoxify your body and what to do the detoxification in order to lose weight.

Finally, if you enjoyed this book, please take the time to share your thoughts and post a review on Amazon. It'd be greatly appreciated!

Thank you and good luck!

Jessica Lopez

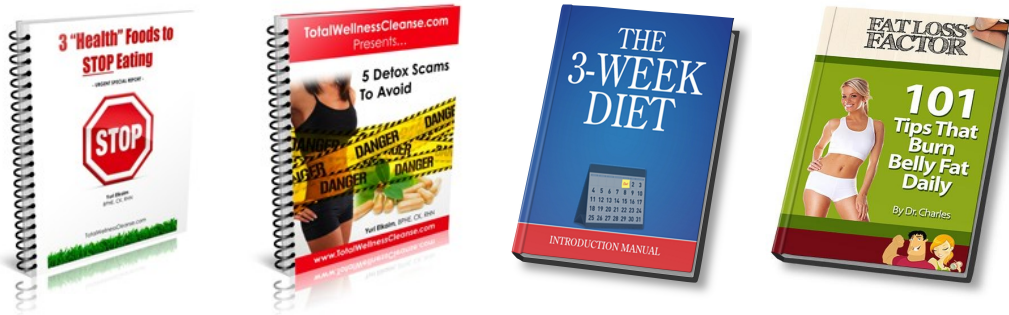
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