



# South Central's Health on Blast

## DETOXING

Feeling sluggish?

Having skin problems, aches and pains, or digestive problems?

*It May Be Time For A BODY DETOX*

Detoxification is resting, cleaning and nourishing the body from the inside out.

The body also eliminates toxins through the kidneys, intestines, lungs, lymph and skin.

When this system is compromised and impurities aren't properly filtered and every cell in the body is adversely affected.

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**A detox program can help the body's natural cleaning process by:**

- Resting the organs through fasting;
- Stimulating the liver to drive toxins from the body;
- Promoting elimination through the intestines, kidneys and skin;
  - Improving circulation of the blood; and
  - Refueling the body with healthy nutrients.

## **Where do I begin?**

- Consult your doctor/dietician for the best practice for your health needs
  - Eliminate alcohol, coffee, cigarettes, refined sugars and saturated fats
  - Eat plenty of fiber, brown rice and organically-grown fresh fruits and vegetables.
    - Drink plenty of water daily