HEALTHY TIPS

Follow this 2-Day Detox Plan to Rid Your Body of Toxins

By bestfolkmedicine · 22/08/2018 · 3 min read



Nowadays, a lot of people are suffering from health problems associated with excessive presence of toxins in their bodies. According to Healing Life Is Natural, many patients who are diagnosed with hormonal imbalance, obesity, chronic tiredness or some other serious health issue are unaware that what is causing their problem is actually toxicity.

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This is why external detoxification is a must. Although our bodies have their own detox processes and systems, sometimes, they also become overburdened by the toxicity and as a result, cannot function optimally and you get stuck with a pile of toxins in your organs causing further damage.

If you are in a need of a quick, yet powerful, natural, and effective detox plan, continue reading this article to learn more about the best 2-day full body cleanse plan.

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The Four Main Rules of the 2-Day Cleanse

No.1 – Take a rest

If you plan to follow this cleanse, you will need two days off so that you can properly rest because you may experience tiredness. Driving is also not recommendable. Enjoy the cleanse days by chilling, listening to some calming music, reading, and sleeping enough so that you can recharge your body. Meditation and yoga are also recommendable for restoring the harmony. Avoid using your smartphone or look into a TV screen too much. You can also try aromatherapy and reflexology or schedule a facial massage.

No. 2- Remember to stay hydrated

According to Health 24, during the cleanse, you need to keep the body hydrated at all times. You are advised to consume clean water, homemade fruit juices, spring water, smoothies, and tea. You should also prepare the following fruit cocktail and consume it during the two days:

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Blend some apples, pineapples, sweet melon, grapes, mango, plums, guavas, and peaches in a blender. Add a tsp of raw honey and two or three ice cubes and enjoy.

No.3- Do not forget about dietary fiber

Fiber-rich foods are necessary for regular bowel movements. The best food sources of dietary fiber are fruits and veggies, dried fruits, whole-wheat bread, brown rice, and oats.

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No. 4- When not to opt for the detox

In case you suffer from some health problem like diabetes, heart illness, low blood sugar, kidney condition, or other serious health problem, avoid this cleanse.

Make sure you exclude consuming stimulants like Ceylon tea, coffee, alcohol, cola drinks, chocolate, cigarettes, and soft drinks.

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The Detox Plan

When you wake up in the morning, consume 250 ml of warm water.

Day One

Breakfast

A cup of oat flakes mixed with a tbsp of flaxseed, half a cup of blueberries, 250 ml Greek yogurt, and 20 ml of yogurt or almond milk

Lunch

250 ml of grilled hake, Swiss chard, and virgin olive oil; a roasted potato, 2 salad cups, a slice of melon and banana

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Snack

An apple mixed with 180 ml of yogurt and ¼ cup of pumpkin seeds

Dinner

2 cups of salad, half a cup of steamed veggies, green smoothie, and 250 ml of anise tea

Day Two

Breakfast

A cup of oat flakes, 200 ml of low-fat yogurt, a tbsp of flaxseed, a pear

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Snack

A grapefruit

Lunch

250 ml of warm water, 200 grams of grilled chicken, 150 grams of pickles, and veggie soup

Dinner

Green smoothie and beets and carrots with lemon juice dressing, a cup of nettle tea

Sources:

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HEALTH 24

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