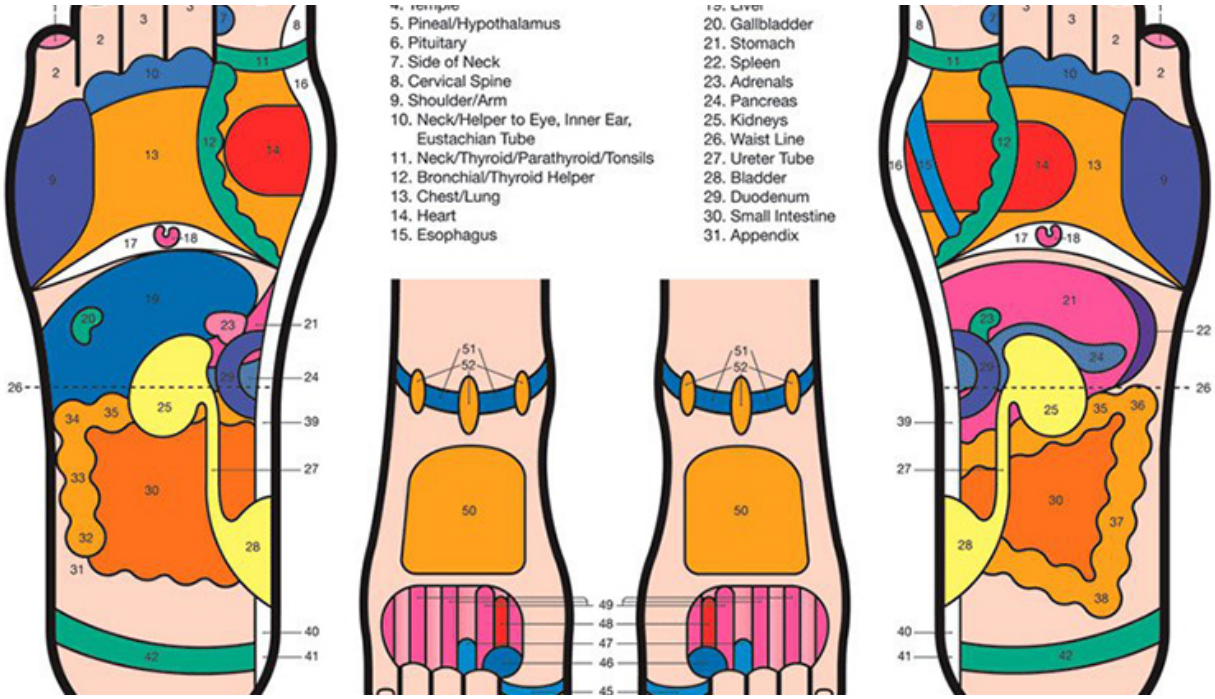
FRUITS & VEGGIES

23 Ways You Can Painlessly Cleanse Your Body

By bestfolkmedicine · 02/11/2018 · 4 min read



When you hear the words "detoxification" or "cleansing" you may immediately associate them with starvation and unpleasant symptoms; however, you should be aware that you can support proper and healthy detox regularly by supporting the elimination organs in the body.

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And, following these practices may end up being more beneficial than the short-term and rather intense detox plans, as seen on Healthy Holistic Living. Check out some of the best ways in which you can strengthen the toxin-removal processes in the body and decrease potential health-related complications.

How to Naturally Cleanse Your Body of Toxins

1. **Exercise on a regular basis**

Qi Gong is an ancient Chinese health care system comprised of physical postures, breathing techniques, and mental focus to encourage the removal of toxins from the body and to boost the energy flow. This will help you alleviate anxiousness and feel peace from the inside. Even 10 days of your day dedicated to Qi Gong or other similar workouts can do wonders for you.

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2. **Stretch**

Stretching on the daily allows you to relax the muscles and better the body's functioning. When you regularly stretch, you rejuvenate the body and cleanse it and thus, better blood flow and encourage the elimination of accumulated waste in the body.

3. **Drink water**

Did you know that water makes up more than half of your weight? Hence, it is pivotal for the cells, organs, systems, and functions, particularly for the lymphatic system which is crucial in the elimination of toxins from body. When there is not enough water flow going in and out; your body can easily become a stagnant water puddle. Oh, no! Therefore, start your morning with a glass of lemon water and continue sipping on water throughout the whole day.

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4. **Meditate**

Detoxifying the mind is as important as cleansing the body and meditation is the perfect method to achieve this. It allows you to breathe and let go of accumulated emotions and thoughts and you can meditate as much as you want- from 5 minutes to an hour- the choice is yours. Meditation will help you relax the mind, better the focus, and cleanse you from unnecessary thoughts.

5. **Juices with dandelion greens**

Homemade juices are one of the most potent methods to supply the body with important micronutrients and remove all the "bad guys". Juices made with dandelion greens can be quite effective due to the fact that dandelions possess diuretic properties that assist the kidneys in filtering surplus water and salt easier. They also encourage the elimination of toxins from the liver and are rich in minerals, antioxidants, and vitamins and will also lower inflammation in the body. So, whenever you are up for a cleansing juice, add some dandelion greens to the blender or juicer and

you are ready to go!

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6. **Pet therapy**

When it comes to cleansing your body and mind from an emotional point of view, pets can be your biggest allies because they are sensitive to energy and often "know" when people are feeling depressed or nervous. They were found to decrease heart rates, lower tiredness, and minimize overthinking with their temperaments and need for affection. Only 10 to 15 minutes of cuddling or playing with your pet or a friend's pet can be of great aid to teach you how to love and trust more and put worrisome and toxic thoughts aside.

7. **Do not immediately eat in the morning**

When your body wakes up in the morning, it is usually in a mode of elimination and the focus of the body is to expel toxins so immediately reaching for a massive breakfast can have the opposite effect to your body's efforts to detoxify. Therefore, instead of eating a big bowl of cereals, drink a glass of warm lemon water and a bit later, opt for a freshly-made green juice or a smoothie. The ingredients that can be incorporated in these beverages will help the body cleanse itself even better.

Additional Tips to Detoxify Your Body & Mind

- **Dry brushing and rebounding**
- **Hydrotherapy**
- **Bone broth in the morning**
- **Minimize your exposure to media and electronics**
- **Sound therapy**
- **Listen to relaxing and uplifting music**
- **Steam therapy**
- **Introduce cleansing herbs such as garlic, turmeric, peppermint, etc. to your diet**
- **Aromatherapy**
- **Foam rolling**
- **Oil pulling**

- **Epsom salt baths**
- **Foot massages**
- **Infrared heating therapy**
- **Oxygen therapy**
- **Get enough vitamin D**

Sources:

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