Women's Health Library

Cleanse and Detoxify Your Body

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Additional Recommended Supplements for Optimal Health…

Foundation of Health:

- **Ultimate One**
- **CoQ10**
- **Omega 3 Fatty Acids**
- **Greens N' Things**
- **Chewable Calcium & D**
  or
- **Liquid Cal-Mag-Zinc**

These supplements may be purchased on Our Store:

FreedomFromMenopause.com

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. WARNING: Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

You go through times eating fast foods, processed foods and rich foods or sweets that aren't so healthy. You always promise yourself you'll take better care of your health and you have often wondered how to detoxify your body. Sometimes you feel more than your normal share of digestive problems, which make you think about making dietary changes but you don't know where to begin.

You know that when your digestive system is functioning normally, you feel great and more energetic, but when immersed in the day-to-day stressors, you feel tired and not as alert. However, there are things you can do to combat these problems and make a change for the better. Detoxifying your body can put the bounce back in your step and make you feel and look more vibrant.

Below are a few ways to cleanse and detoxify your system:

Fiber

Fiber helps your digestive tract move contents smoothly and function optimally. Fiber comes from a variety of natural sources such as whole grains, vegetables, fruits and legumes. Two categories of fiber—soluble and insoluble—are both equally important for health. Aim for the daily recommended amount of total fiber of 25-35 grams daily. Soluble fiber contains a sticky, gummy substance that dissolves in water. Some examples of food sources include fruit (apples, pears, prunes, oranges, peaches), vegetables (broccoli, cabbage, Brussels sprouts, peas, beans), whole grain oats, barley, oat bran, flaxseed, and psyllium husk.

Psyllium husk is a bulk-forming product containing both soluble and insoluble fibers, which helps encourage the natural movement of the bowel. It swells up from the absorption of water, increases stool bulk and stimulates peristalsis (intestinal muscular contraction). Its coarse nature gently sweeps the food debris remaining on the inner wall of the bowel, transporting it through the digestive tract for excretion.

Soluble fiber gives you that sense of fullness after eating a meal. It also may help control the appetite, lower cholesterol levels, and maintain healthy blood sugar levels. **Insoluble fiber** is a coarse material that does not dissolve in water. It provides bulk by holding water in the colon and stimulates the muscles of the digestive tract to move waste products through the colon. Some examples of food sources are vegetables, fruits, wheat bran, whole grains and cereals, seeds and nuts.

Our ***Super Fiber Tabs*** contain soluble and insoluble fibers (oat fiber, guar gum and psyllium husk).

Greens

Our ***Greens N Things*** contains spirulina, wheat grass or barley grass are a natural source of vitamins, minerals and chlorophyll. Chlorophyll is a compound found in green plant foods including dark, green vegetables and has been shown in research to naturally detoxify the system.

Probiotics

Our ***Probiotic Quattro*** contains beneficial bacteria such as Lactobacillus acidophilus and Bifidobacterium strains that help replenish the good bacteria in the intestinal tract, which assist with proper bowel function. Beneficial bacteria provides protection against the bad bacteria in your intestinal tract.

Herbs

Various herbs help detoxify and cleanse the liver. Some of these herbs include milk thistle, burdock root, fennel seed, artichoke leaf, and aloe vera. A compound in milk thistle seed called silymarin has been shown to protect the liver from a variety of harmful substances. It prevents toxins from penetrating the interior of liver cells, while promoting the growth of healthy new cells in the liver.