

SIGNS THAT YOUR DETOX IS WORKING

Your Weight is Coming Off!

If you have had trouble with weight coming off, you may have a lot of toxins in your body. When you detox your body, as you eat the right kinds of foods which boost your bodies ability to keep toxins out, your body will no longer needs your fat cells to round up the toxins. Yes, the more toxins you have in your body, the more your fat cells will accumulate them and the heavier you will become.

You stay healthier!

Toxins create havoc on your immune system. When you detox, you are taking away major threats to your immune system. Your body will be able to spend time digesting and utilizing the nutrients you've taken in from food rather than fighting off inflammation.

You're the Energizer Bunny... well almost.

Your thyroid gland is responsible for regulating your metabolism in every cell of your body. It is the root of all your energy. They thyroid can act up when you have too many toxins in your bloodstream and elsewhere. As you detox and get through the initial brain fog and dip in energy, you will be amazed at how much more energy you have.

Your skin shines and feels great!

Many people may start to comment on your skin! Sweating is one of the most beneficial methods for detoxing. When you wipe out toxins from your body, it lower the amounts you sweat onto your skin! Leaving you with softer, younger looking skin!

Your blood pressure goes down!

Toxins have a seriously harmful effect on your blood pressure. The toxins we consume through foods, water, air, medications, and hygiene products all add to our toxicity level. Most medications simply mask the issue. Over time, as your toxins build up, they build up in the liver causing higher blood pressure.

Your goal is to cut out those toxins by flushing them out of your body. When you do this, you're almost guaranteed to lower your blood pressure.

You're on the Toilet More!

We all need to be regular. One of the best signs that your digestive system is working properly is by you removing waste daily. The digestive tract can hold anywhere from 6-8 lbs of waste in it at a time. If your body is not removing toxins, you may find yourself having bowel issues.

When you detox, you remove a tremendous amount of toxins. This helps you become more regular and improves the quality of your bowel movements.

You can focus!

Yes, initially it seems like you can't focus without caffeine but after detoxing, your brain and nervous system starts to operate on a higher and healthier capacity. You will actually think more clearly, often not needing caffeine and even medications to help you focus.