

5 STEPS TO DETOX YOUR BODY

FROM ALCOHOL & DRUG ABUSE

INFOGRAPHIC

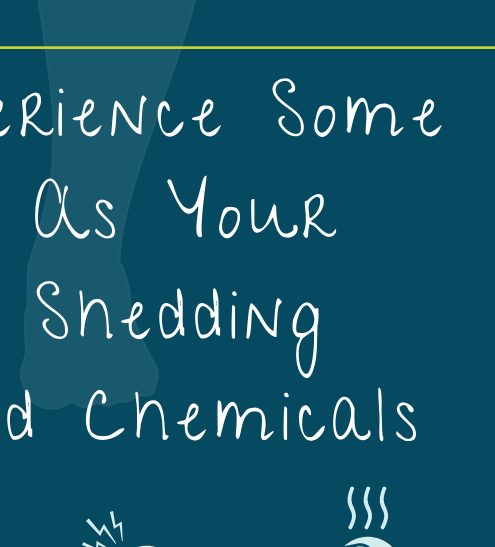
Cut Off The Source
Incorporate New Habits
Get The Toxins Out
Rehydrate Your Body
Put Good Nutrients In

What Is Detoxification?

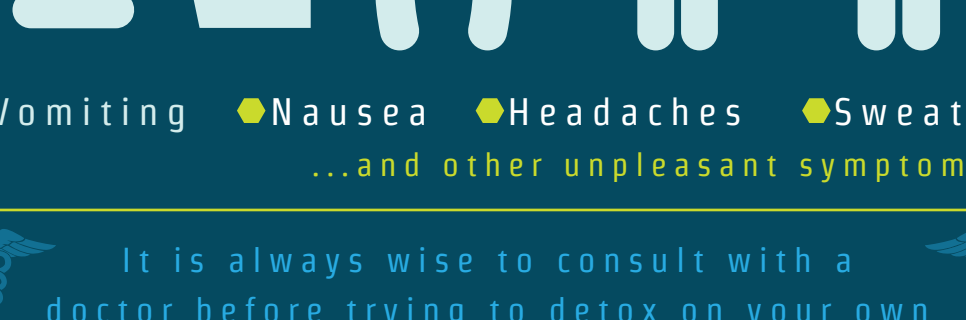
Detoxification Is Like Giving Your Body An Inner Makeover

It's About Cleaning Out Those Unwanted Toxins That Are Detrimental And Harmful To Your Health

- PROPER DIET
- PARTICIPATING IN EXERCISE
- ADDING OTHER HEALTHY HABITS TO YOUR LIFESTYLE
- BRINGING YOUR ALCOHOL/DRUG USE TO A HALT



You May Experience Some Side Effects As Your Body Starts Shedding The Unwanted Chemicals



- Vomiting
 - Nausea
 - Headaches
 - Sweats
- ...and other unpleasant symptoms

It is always wise to consult with a doctor before trying to detox on your own

#1 Cut It Off At The Source

NO DRUGS

The Obvious Beginning Of Detox Is To Stop DRINKING AND/OR DOING DRUGS

#2 Re-hydrate Your Body

Alcohol Dehydrates Your Body

By Drinking Lots Of Water, You Can Eliminate:

Headaches
Muscle Pain
Fatigue

The More Water You Drink The More You End Up Flushing Toxins Out.

84 oz - 100 oz

DRINK 84oz - 100oz Of Water

WATER

#3 Put Good Nutrients In

Change Your Diet

Cut Down On Sugars And Bad Fats

THE TWO FATS TO LIMIT ARE:



1 SATURATED FAT found in meats, butter, cream, or ice cream, and other foods with animal fat.

2 TRANS FAT, a man-made fat found in some margarines.



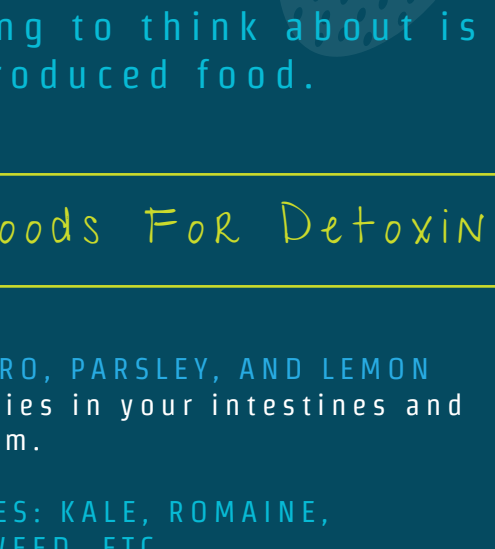
Avoid Processed And Refined Foods

Limit Food That Comes In Boxes, Cans, Jars, Etc



Jump-Start Your Body By Juicing

- Drinking all natural juiced fruits and vegetables is basically a short cut to getting all the vitamins and minerals your body needs.
- You can drink about five times the vegetables and fruits than you can eat.
- If you don't own a juicer and can't afford one make sure you are at least eating a diet high in fruits and vegetables with a multivitamin.



When eating lots of produce, one important thing to think about is organically produced food.

Here's A List Of Foods For Detoxing



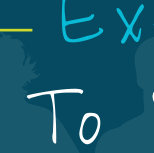
CHIA SEEDS, CILANTRO, PARSLEY, AND LEMON
Leech out to impurities in your intestines and help dispose of them.



GREEN LEAFY VEGGIES: KALE, ROMAINE, WHEAT GRASS, SEAWEED, ETC.
Great source of fiber to flush out your body and anti-oxidants to boost your immune system.



BERRIES: STRAWBERRIES, BLUEBERRIES, RASPBERRIES
Another fantastic source of anti-oxidants, which help fight disease.



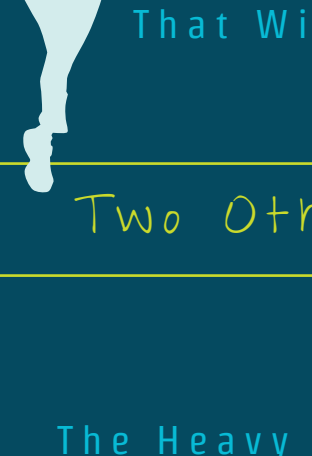
YOGURT
Probiotics in yogurt keep your digestive tracts happy and healthy.



WILD CAUGHT FISH, AVOCADOS, ALMONDS
All high in Omega 3 fats, which can keep your cravings down and help with depression.

#4 Get The Toxins Out

Exercise Is The Best way To Start Ridding Your Body Of Its unhealthy Build up



By accelerating your heart and causing your body to sweat, you are eliminating the unhealthy toxins through your pores.



Produce Endorphins In Your Brain That Will Keep You In Good Spirits.

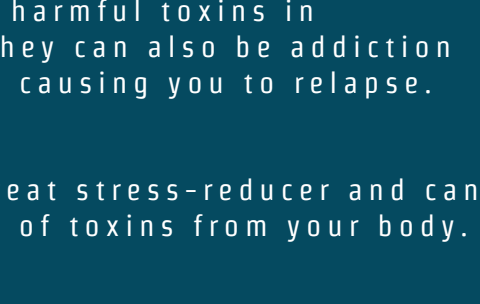
Two Other ways To Detox

Sauna

The Heavy Amount Of Sweat That Is Produced Streamlines The Chemicals Out Of Your Body.

Epsom Salt Baths

The Hot Water Opens Your Pores And The Salt Carries The Toxins Away.



#5 Other Habits To Incorporate



LESSEN YOUR STRESS
In the hectic world we live in, it can be hard to remember to find the time for yourself. So make sure to take a chunk out of the day to unwind and treat yourself well, as stress hormones, such as cortisol, are detrimental to your health and path to detoxification.



STAY AWAY FROM COFFEE AND CIGARETTES
Not only are they harmful toxins in themselves, but they can also be addiction triggers, possibly causing you to relapse.



GET A MASSAGE
This is another great stress-reducer and can aid in the release of toxins from your body.



GET MORE SLEEP
Most of us are sleep-deprived. Ideally, you should be getting 8 to 9 hours of sleep a night to keep your body in peak health and to reduce stress.



GET YOUR FAMILY AND FRIENDS INVOLVED
Anyone can take these detoxing steps to a healthier life. By participating in this together, you can offer each other support and help keep yourselves on track.

The Decision To Begin Detox Is A Big Step And Not One To Be Taken Lightly.

By Following These Recommendations, You Can Start On The Path To A Healthy, Drug And Alcohol-free Life Today.