

The facts of liquid-only detoxification

It's time to get the facts about this.

Our bodies are burdened with toxins from our foods (non organic, synthetic hormones, etc), environment (air and water) that our body gets overwhelmed and basically "gets behind schedule" and toxins start to accumulate in the body resulting in fatigue, weight gain, moodiness, hormonal imbalances, acne and a host of other conditions.

Spring is just around the corner. Look the best you ever have and drop the excess weight faster and better than any liquid detox out there PLUS you will be helping, not hurting, your body.

A liquid diet is NOT the way. This isn't a philosophical rationale but scientific.

In order for our bodies to detoxify appropriately there are MANY steps involved and we need to respect the complexity of this process. Using a few ingredients in a liquid detox will not supply what is needed to properly detox and can actually make you more toxic, cause nutritional imbalances inside the body, etc. It's why so many people feel worse when they are detoxifying. Yes, you can feel worse while doing a correct detox (headaches, nausea, etc) but you may also feel rejuvenated instead.

So what do you do?

We recommend a detoxification system built with the biological understanding of how your body detoxifies and what it needs to detoxify using whole food organic supplements and herbs. In this way you give your body everything it needs to do the job correctly AND you get a food list of what you can and can't have during this time.

Once you are done, we give a list of naturally detoxifying foods such as bell peppers, onions, broccoli, etc so that you can continue this process during your everyday life.

We also offer detoxification foot baths in the office and professional strength foot pads to wear while you sleep during the night. You can add to your detoxification program or just start with this.