

# Detoxification

## Can contribute to intoxication :

- Smoking,
- Constipation,
- Water retention

Detoxification is the action of eliminating toxins. Toxins can be accumulated by the body over years, through our diet (via food additives), our environment (air pollutants for example), or via an imbalance in the body functions (such as water retention or constipation.).

## Recommended products



### Eliminex herbal tea

Eliminex herbal teas help counter water retention and constipation, two conditions that allow toxins to be retained in the body.

[learn more >](#)



### Black Radish (ampoules)

The plants in this formula help with digestion and proper detox functions of the liver.

[learn more >](#)



### Eliminex (capsules)

For those who do not appreciate the taste of herbal teas, Eliminex is also formulated as a capsule. To be taken with a big glass of water.

[learn more >](#)

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Effective Health Solutions

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# Detoxication Health Recommendations

## Diet

Favour easy-to-digest foods, in other words, foods that won't overload eliminating organs such as the liver. Hence, all fatty foods such as sauces, dairy, desserts and candies, caffeine, alcohol, sodas, etc. are to be avoided. Moreover, hearty meals should be replaced by more frequent, smaller meals.

Choose fresh fruits and vegetables, lean meats, sprouts, vegetable broths and fibre-rich foods in order to support the body's natural detox functions. Foods that favour a proper bile secretion such as black radish, artichokes, turmeric, rosemary, celery, etc. will be advantageously added to the diet.

## Hydratation

Water remains the best beverage during a detox program. It is crucial to drink plenty of water every day to support toxin elimination. Fruit and vegetable juices can also help with cleansing. Fruit-rich smoothies (blueberries, cranberries, raspberries, strawberries, blackberries, etc.) boost the antioxidant power of the body to support toxin neutralisation, while carrot, beet, celery and parsley juices will support liver, kidney, lymph and blood detox. Peppermint, lemon balm, ginger herbal teas or the addition of fresh lemon to beverage will facilitate digestion.

## Physical Exercise

Physical activity will speed up the detox process. Practicing regular cardio exercises during a detox program helps elimination of toxins through sweat glands.

## Basic Advice

Smoking is an incredible source of toxins and noxious compounds for the body. Avoid smoking or being exposed to second-hand smoke during a detox program.

