

**FACT**

**Water is the key to a successful detox.**

Clean liquids are essential to wash out impurities. By drinking an ample amount of water you gain energy and cleanse your system faster. You can also include a few natural, no sugar added juices in your detox regime.



**FICTION**

**Detox diets are always harmful.**

Our bodies are filled with contaminants that limit optimum performance of the kidneys, liver and lymph system. A healthy detox diet can be just the thing to cleanse and restore your body's overall health.



*savvy*  
**body**  
**detox**  
**diets**

The buzz is everywhere—but what's the real skinny on detox diets? We uncover the facts (and fiction) on Hollywood's latest dieting craze.

**FICTION**

**To properly detox, avoid food and consume only liquids.**

While Beyonce and other stars have made the Master Cleanse diet (think a mix of lemon juice, water, cayenne pepper and maple syrup) uber popular, it is very possible to properly detox your body and still actually eat. Check out our list below of recommended detox foods.

**Raw vegetables** | Instead of snacking on processed foods, opt for cucumbers, bell peppers, broccoli and tomatoes. The more colorful the veggie tray the better!

**Meatless, wheatless and sugarless** | Meat is a no no, but minimal amounts of grilled fish without added sauces, salt or spices are acceptable. Avoid wheat and sugar filled foods altogether.

**Cows say NOO!** | Regular milk, yogurt and cheeses can actually strain your digestive process. Substitute your normal choices of dairy with soy-based products instead.

**A healthy detox diet lasts about five days.**

**FACT**

The longer you detox, the harder it is to reintroduce normal foods back into your body. Five days is a safe amount of time, with ten days being the maximum time recommended.



*a product for healthy detoxing!*

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