

DITCH THE JUICER: INTRODUCING THE REAL WAY TO DETOX

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By Franci Cohen, *Buzzworthy Blogs*

Back in the good old Stone Age, when everything we ate came directly from nature, our bodies were perfectly equipped to maintain a healthy internal environment. At that point in time there wasn't a need to "detox."

Fast-forward to 2014, and meet the abundance of pesticides, herbicides, and heavy metals that have infiltrated our food chain and permeated our bodies. If this wasn't enough, we eat more processed fast food than ever, with man-made ingredients we can't even pronounce.

Because America has moved so far away from nature with regard to our food supply, it's important to "detox" every now and then.

The term "detox" is a broad term loosely used to include a wide range of practices ranging from safe food cleanses that flush toxins out of the body, to dangerous programs that cause severe electrolytic imbalances, anaphylactic shock, and in rare instances—even death.

So what is the correct way to detox?

1) Go Back To Nature

During a seven-to-10-day cleanse, limit your food intake to *only* foods that come directly from nature. Choose fresh fruits and vegetables that are organic whenever possible as they do not contain harmful herbicides and pesticides used by non-organic farmers to prolong shelf-life. Eat lean meat like bison, organic poultry, and fish such as **wild salmon** or mackerel, high in the highly sought-after omega 3 fatty acids.

If you choose to eat grains, go with the unprocessed variety. Great choices include oats, brown rice, barley, quinoa, and lentils, which can help remove cholesterol build-up from your GI tract by reducing the amount of bile that gets reabsorbed into the intestines.

2) H2O-Yes You Know

Hydration is key. Water is the best way to assist the body in flushing out toxins, and cleansing the blood and lymphatic system from any unwanted germs or waste. HoneyColony recommends adding a chlorophyll to your water to alkalize the body and/or end your day with a cup of hot water with fresh organic lemon and a dash of cayenne pepper. This will not only assist in your cleansing efforts, but will also give your metabolism a jump-start as well.

Related: 13 Reasons To Be Worried About Water—And What To Do About It.

3) Eat Or Defeat

Many of us interchange the words “detox” and “diet.” While some may notice a slight weight loss as an added bonus to a week of detoxing, the two terms are *not* synonymous. During a detox it is imperative to eat. Green leafy veggies, for example, act as roughage, dragging out toxins and waste from the body. Just think of vegetables as Drano, able to unclog your bathroom sink but without all the chemicals.

The fiber in fresh vegetables can break through fat deposits, waste, cholesterol deposits, and other unwanted things floating around in your body just waiting to make you sick. Make sure not to limit your caloric intake either. Remember to eat small portions frequently throughout the day to keep your body’s system constantly flushing out toxins, and thereby making your week-long detoxification very effective.

4) Back-Off Blender

Juicing has its moments, but during a week of detox, your body will cleanse better if you allow your own digestive system (not your blender) to breakdown the roughage in the fruits and vegetables. The more opportunity your body has to digest fresh produce, the better your detox results.

If you want to go on a juicing diet instead of a detox plan, HoneyColony’s Maryam Henein created her own **organic weight loss superfood smoothie** just for that purpose, packed with micronutrients and protein to keep you nourished and feeling full.

5) Exercise Or Else

Stay consistent with your fitness routine, making sure to incorporate both cardio and resistance training for at least 45 minutes continuously for four to five days during your detox week. All that sweat will help you get rid of toxins and leave you feeling fit and fabulous. And you may lose some weight as an added bonus!



Franci Cohen is a personal trainer, certified nutritionist, exercise physiologist and creator of SPIDERBANDS®, a total-body cardio resistance workout that leverages gravity and your bodyweight with other intense exercise modules such as rebounding, kickboxing and indoor cycling. With over 18 years of experience, Franci has been a mainstay in the fitness and nutrition industries. Franci devotes much of her time to “Fuel Fitness,” her specialty fitness center in Brooklyn, NY. For the past 10 years she’s been teaching group fitness classes, training clients, and broadening her perspective in all areas of fitness, nutrition, and wellness.