



## Top 5 Detox Mistakes to Avoid

This report discusses the Top 5 Detox Mistakes to Avoid as a companion to the short video on Simply Slim TV. It is vital to your health that you are aware of each of these points when selecting the right cleanse or detox program for you.

**Mistake #1: Not being educated on what a detox program's products are, what the program includes, or how your body could react to the products.** The biggest mistake people make is that they start a program and are not educated on what that program entails or how it will impact their body. Most people assume that detox is a weight loss program. In reality, it is not really about weight loss. That can happen for some, but if it is mistaken for the main goal, the detox program could have more negative effects than positive. Negative things can happen to people's health when they make overly extreme changes to their diet through a program they know very little about.

**Takeaway** - Know the ins and outs of the detox program you choose.

**Mistake #2: Living a fast-paced life, eating lots of processed and fast food, taking lots of medication - and starting an extreme detox plan immediately.** Many people fall into the trap of believing that they can consume and live however they want, and that then immediately doing a detox the next day will solve all their health problems and erase their previous poor choices. By entering an extreme detox program where perhaps they may not eat anything at all for days, they are setting themselves up for extreme headaches, inability to work, other health problems and they simply can't function normally.

**Takeaway** - If you are not making healthy choices in your diet and lifestyle now, change that gradually before implementing a detox program.

**Mistake #3: Picking a detox program that is unrealistic.** For example, people often overestimate what they can do during a detox program, such as fasting for 2 weeks knowing that they have an extremely active and busy life. How can they expect their body to work properly when they're not giving it any fuel and nutrition? This mistake is directly linked to the first one since it is crucial that you know what exactly your detox program requires of you and your body before beginning it.

**Takeaway** – Select a program that will fit with your lifestyle to avoid excessive and unhealthy demands on your body, your mind and your health.

**Mistake #4: Rushing off to a fast food joint immediately after finishing a detox or fast.** When people finish an extreme detox, they often crave food so badly that they rush off to a fast food place or buy as much of their favorite indulgent food as possible right when they finish. It seems obvious, but it happens often enough that it must be said – this completely defeats the purpose of a detox. Your body is not designed to adapt to extreme changes such as fasting for days and then gorging itself on fast food. You simply don't have the enzymes you need at that point to take care of all that food after completing an extreme fast or detox. This can do some serious damage to your health.

**Takeaway** – Know what foods and drinks provide a healthy, yet filling transition as you come off of a detox program, and prepare your kitchen with those items ahead of time.

**Mistake #5: Consuming too much caffeine and alcohol immediately after detoxing.** Many people do not understand the strong impact that both of these have on your body. They must be eased into after coming off a detox, not added right back into your diet in large quantities. It makes the detox program a waste of your time and money to consume either of these too excessively and too soon after detoxing because you end up only hurting your body with them, not helping it.

**Takeaway** – Wait a few days after detoxing to begin introducing caffeine and alcohol back into your diet, and do so gradually.

The process of detoxification is intended to help the body heal and to give it a rest. Go into a detox program with these motives and the following points in mind: what the cleanse/detox program includes and entails, what to expect from it, how to prepare for it, how to finish it effectively, and what to do afterward. This will guarantee your success.