

# Detox: The New Health Mantra?

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A recent statistic according to the Centers for Disease Control and Prevention, claims 65% of Americans are overweight – No wonder there are so many fad diets, cosmetic procedures, reality shows and the whole “lose weight” fast caboodle!

In my books, weight management is just one tiny aspect, a few changes in diet, lifestyle and exercise regimen should do the trick. I don't mean another set of unfulfilled resolutions, I am talking business here! To scratch the surface and get the ball rolling, try the following detox tips:

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| A) Breakfast: Eat cherries and strawberries – It helps reduce free radicals due to its richness in of elegiac acid. it boosts brain power!  | H) Drink green tea!! Research has proven that it can burn up to 80 calories a day   |
| B) Take care of your arteries and eat some grapes – It helps maximize the strength of your arteries by helping your blood flow smoothly around the body   | I) I hope you like Chili sauce or mustard because they're also calorie burners – The increase your calorie burning capacity by 5-10% for up to 2 hours after eating. Secret ingredient: It contains capsaicin which helps boots your metabolism. You'll just love it!   |
| C) For all you heavy drinkers out their listen carefully – Eat oranges, grapefruit, any citrus fruit – They are full of Vitamin E& C which helps detox your liver so that it can function better.                       | J) Want to decrease the fat in your abdominal (stomach) areas? – I know I do – Trick is eat low fat dairy foods.  |
| D) I know you probably heard this from you mom or grandmother – eat prunes – Why you ask, they are just plain good for you - The toilet will become your friend and not your enemy.                                     | K) Last but not least, eat fiber foods! I will tell you why – first off you will feel fulfilled with your meal/snack and feel full. Fiber foods include strawberries, apples, chickpeas, potatoes (eat the skin, it's good I swear), and brown rice. Also they say one can loose 10 pounds in a year by eating 25 grams of fiber a day – which is true because my mom has been eating more fiber foods in the past 2 years and has lost 20+ pounds. |
| E) Fashionista smokers listen up please – Apricots won't guarantee you from avoiding cancer BUT due to the richness of beta-carotene and vitamin C it actually helps repair your smoked-out semi damaged lungs.         | Side effects: May feel fabulous after just a couple of weeks. Guaranteed!   |
| F) Cranberries are also very good for you – For women it's a great sanitizer for your feminine problems and for men it particularly helps preventing kidney stones.   | Source: <a href="http://www.floridabrasil.com/beauty-health/detox-cleansing.html">http://www.floridabrasil.com/beauty-health/detox-cleansing.html</a>   |
| G) Drink Iced water (min. 2 liters a day) you will actually burn 100 calories because your body must heat the water to the normal body temperature – Another benefit is that, like grapefruits, it cleanses your liver. |   |