

Happy March Healthnuts!! Spring starts in just 19 days and it's the season of renewal, which makes it the perfect time for a gentle detox that will help reset your body and mind and leave you feeling refreshed, renewed, and rejuvenated. Today is day 7 of my detox and let me tell you, I have never felt better! I have tons of energy, my skin is glowing, and I feel radiant, lighter, more productive, and fresh.

There is a common misconception that detoxing means fasting, which is simply not true. Many people will have outstanding results during a detox by eating clean meals, eliminating processed foods and saying goodbye to sugary sweets. It is important to focus on what you can eat during a detox, which is fresh, organic, nutrient dense foods. Detoxing is one of the best ways to maintain lasting health and wellness.

Everyday we are exposed to thousands of toxic chemicals, pollutants and heavy metals in mother earth's atmosphere, water, food and soil. These toxins can manifest in the body and show up in a number of different ways in a variety of different symptoms. Your body may be telling you are ready for a cleanse if you are experiencing decreased immune function, hormonal imbalances, sinus and respiratory issues, inflammation, have physical or emotional aches and pain, and are feeling just plain crappy all the time for no reason!

3 benefits to do a gentle detox this spring:

1. Restore high beneficial bacteria for a healthy belly
2. Boost your mood, energy, and productivity by reducing inflammation
3. Shed excess weight and eliminate toxins to feel light and fresh

Your body accumulates toxins and requires maintenance. Just as you would take in your car if it were not running right, the same is true for your body. Detoxification is the body's natural way of eliminating dangerous substances from your body, mind, and environment.

3 simple tips to detox gently this spring:

1. Start each day with warm lemon water. It cleanses the blood, liver, and kidney. It helps activate our digestive system to boost start your day.
2. Your outer environmental is a reflection of your inner self. Take time to do some spring-cleaning and de-clutter any space in your home or office.
3. Exercising regularly helps the body detoxify naturally by increasing circulation to help eliminate toxins faster. Go for a bike ride, a walk, or take a yoga class to get your heart pumping.

Are you ready to increase your energy, improve mental health, lose weight, and discover relief from other problematic health concerns like IBS, allergies and headaches? [Click here](#) to learn more about how Miss Health Nut can support you in

a therapeutic cleanse. It is important to talk with your health care professional before starting a cleanse or changing your diet.