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Lose a dress size in a week by [Kapil Patel](#)

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December is a month of food and drink indulgence. By adding some or all of our simple and practical Detox tips into your daily diet, you will ensure that your body is adequately prepared for the holiday season.

• Warm water with lemon: Take a glass of warm water with lemon before breakfast is cleansing and detoxifying.

• Vitamin C: Take some additional vitamin C (e.g. 1000mg Effervescent tablets). It helps the body produce glutathione, a liver compound that drives toxins away from the body.

• Eliminate wheat, dairy, coffee, sugar, high fat foods, alcohol, bad fats and red meat: You will have too much of the above during the festive season so do your liver a big favour before the time of indulgence arrives.

• Introduce Green Vegetable juice: Some studies show that incorporating at least 1 freshly squeezed vegetable green juice a day, increases metabolic rate and makes you to lose weight faster.

• Take a couple of spoonfuls of Extra Virgin Olive Oil before going to bed to help stimulate your liver to eliminate bile and keep circulation flowing.

• Dry brushing: Dry brushing helps to detoxify the lymphatic system, metabolism and the whole body. Do it before bath, shower and exercises.

• Hot bath with Epsom Salt (or Dead Sea Salt): Have a warm to hot bath with some Epsom Bath Salt before going to bed. It removes toxins from the body, reduce swelling, improve skin structure, relieve muscular pain, ease stress etc.

• Sea Salt Scrub: Try to use it while having bath as it helps to improve lymphatic system, removes dead skin cells and toxins from the body.

• Lymphatic drainage massage: It helps increase lymph flow. Increased lymph flow removes harmful substances from the tissues to your liver where they are detoxified.

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Purifyne juice offering you techniques to maintain and control your health. Purifyne selects the best fruit and vegetables to produce the purifying juices for its bespoke cleansing programme, which will detoxify the body naturally. For more details visit a [Purifyne](#)

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