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Detoxification made easier by [Luka Koch](#)

Article published on March 27th 2012 | [Health](#)

One of the simplest ways of healing is certainly with a detoxification diet. According to experts in medical health centers, it enables to cleanse the body thereby aiding it to establish a perfect balance that is required for optimum health.Â

It certainly is understood that this diet should be practiced for not more than 3 weeks as it is not nutritionally balanced enough for longer periods. It, however, is strictly prohibited for women in case of pregnancy or in the case of deficiency problems that the patient may be facing.Â

The Detox Diet:

BREAKFAST

As soon as you arise it is a must to follow this routine: Consume two glasses of water, one having the juice of half a lemon.Â

It can be followed one or two serving of fresh fruit-apples, pears, bananas, grapes or citrus fruits oranges or grapefruit. After an interval of about 15-30 minutes, a small meal consisting one to two cups of cooked oatmeal, brown rice, millet, amaranth or untoasted buckwheat may be had. One or two tablespoons of fruit juice may be used for flavoring; in option the below mentioned recipe may be followed. Better Butter Recipe Half a cup of canola oil (preferably labeled "cold-pressed") can be mixed with half a pound of melted butter or it may be softened and refrigerated. About one teaspoon per meal may be used for flavoring, which may gradually exceed three teaspoons per day.

LUNCH

It is ideal to have a big bowl (up to 4 cups) of steamed vegetables: potatoes yams, green beans, broccoli, cauliflower, carrots, beets, asparagus, cabbage or others. A variety may be used including stems, roots and greens. The use of Better -Butter may also be made. The water from the vegetables may be refrigerated for using later.Â

Drink one or two cups of water from the steamed vegetables, at an interval of two hours. It is essential to mix each mouthful with saliva. A little sea-salt or kelp may be added for flavoring.

DINNER

The same method as lunch may be followed, blending a variety of vegetables.

Evening (Post Dinner)

Say no to food, but you can consume non caffeinated herbal teas such as peppermint, chamomile, or blends. Avoid caffeinated beverages at all costs. The pangs of hunger felt throughout the day can be satisfied by consuming plenty of water as well as by eating celery or carrot. In case of fatigue or persistent hunger, up to four ounces of protein, such as fish, organic chicken, lentils or garbanzo, moong or black beans may be consumed. Preferably these may be consumed at around mid-afternoon, that is around 3:00 or 4:00.

We fully trust that Health is man's wealth, what better alternative treatment cure could be there than healing it naturally using herbal treatment?

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Article Keywords:

alternative treatment, herbal treatment

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