

Benefits of a Detox Cleanse | True Fit By You

January 2019 is hurtling toward us at breakneck speed. December is a month filled with parties, rich food indulgences, treats and less sleep than what we normally get. Hopefully, all this revelling translates into more fun than one can stand. Come January, your body may be ready for a detox, one that will clean up the inner workings and kickstart your health journey by encouraging you to tune into what your body needs. The benefits of a detox cleanse include getting rid of impurities that may have formed in the body and even emotional ones in the mind.

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What Does Your Body Need?

Once in a while, it's good for us to change gears and give our bodies what they most need. So, what is that? Think whole, green, nutritious foods combined with the right amount of fiber and proteins, the kind that may make your body feel light, renewed and more energetic. In as little as three days, your health, energy and vitality can return to your body after indulging it in everything that the holidays have to offer.



Not Your Typical Detox

While the word “detox” may have you thinking of a liquid diet, that’s not the kind I’m suggesting. The detox program I’m recommending includes whole, real foods. They’re just managed in a way that can work to refresh your body. The best part is that it can do this in just three days. So, if the thought of a traditional liquid-based detox makes your body shudder but you need a way to jump-start into a new, healthy you, this is what you’ve been looking for.



The Benefits of a Detox Cleanse

A whole, real food detox cleanse can not only make your body feel revitalized, but it may also help you lose a few pounds in the process. With this program, you'll be eating easy-to-prepare meals, healthy snacks and shakes. Together, these foods can work with your body to help you break the cycle of less-than-desirable eating habits! While it may impact your body differently, one of the things I've noticed about this detox program is that it improves my digestion and overall gut health. The other thing I like is that it's not necessary for me to go without food, not even for one day! So, what have you got to lose?

