

Natural Body Detox Benefits Detailed in New Article and Video From Health News Wires

Logan Serpa June 25, 2013



Natural Body Detox Foods

The website HealthNewsWires.com has recently published an informative article and video describing the health and wellness benefits of Natural Body Detox.

(Newswire.net -- 25, June 2013) Boston, MA -- An informative article and video published by the website HealthNewsWires.com describes the health and wellness benefits of Natural Body Detox, as well as suggestions to follow while detoxing.

In a new article and video from HealthNewsWires.com, the author details how overtime poisons from pesticides, herbicides, and air and water pollutants accumulate in various cells of the body. As they accumulate in the body, these poisons increase the chances of developing a number of health problems, including hormonal imbalance, weight gain, cancer, advanced aging, and kidney disease. Natural [body detox](#) harmful toxins from the body, restoring wellness and energy levels to normal levels.

The author provides support for improving overall health through natural body detox, detailing that each American, on the average, consumes over 14 pounds of pesticides, chemicals and other toxins from food every year.

Natural body detox encourages fat, muscle and blood cells to release the harmful and stored toxins, where they are then excreted from the body. During natural body detox, the article recommends that the amount of herbs, vitamins, and minerals from fruits and vegetables be increased; increasing the amount of fiber and water consumed each day is also recommended. The author suggests drinking at least a half-gallon of fresh water each day of a natural body detox.

The video shares the health and wellness benefits of a natural body detox, including increased alertness, more energy, improved insulin sensitivity, normal hormone function, and improved weight loss. The author highlights the importance of several fruits, vegetables and herbs during a natural body detox, some of these include grapefruit, Brussel sprouts, kale, raspberries, garlic, onion and ginger. The video shares a number of ways to increase the benefits of natural body detox, including eliminating processed foods high in sugar and flour, consuming more probiotics, in increasing physical activity to at least a half hour every day.

The complete article on the benefits of natural body detox is available at <http://healthnewswires.com/natural-body-detox-cleanse/>.

About: HealthNewsWires.com is a new website that was launched in June of 2013 in order to educate the community in the importance of health and wellness. Upcoming topics to be covered include insulin resistance, weight loss, benefits of antioxidants, skin health, joint health, metabolism, digestive health, probiotics, gluten intolerance, cleansing diets, heart health, as well as several other highly informative articles to help people understand the connection between health and a high-quality of life.