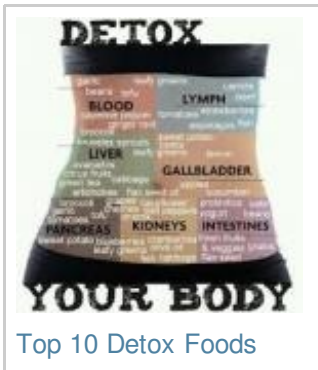


Cleansing Detox For Best Fat-Burning and Weight Loss Results

Michael Healey December 09, 2013



The [Cleansing Detox For Best Fat-Burning and Weight Loss Results](#) article and video from details the most important health benefits associated with detox.

([Newswire.net](#) -- December 9, 2013) Boston, MA -- A post-holiday cleansing detox is an excellent means to remove harmful toxins from the body, invigorating and re-energizing for improved fat burning, weight loss, and total improved health. When carried out properly, a detox diet can be reliable in removing unsafe toxins and improving fat loss efforts.

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The initial step to selecting a reliable detox program is to know the distinction between detoxing and fasting. The purpose of a [cleansing detox](#) is to remove toxins, impurities, and harmful chemicals from the fat stored in the body; generally through a flushing combo of healthy fruits, vegetables, and juices.

Fasting involves consuming only water for the duration of the fast. Fasting is undoubtedly more severe, commonly causing upset stomach, headaches, and other unwanted health issues.

While the objective of both fasting and detoxing are to eliminate impurities from the system, detoxing is a less intense process that can be followed while still maintaining day-to-day routines.

Detoxing is often suggested after winter, after holidays, or as a way to breakout of periods of excess eating and likely decreased exercise.

A cleansing detox after the holidays removes built up toxins and supports fat-burning efforts. This cleansing foods free report provides information about the leading 10 cleansing foods for detox and increased fat burning.

The complete [Cleansing Detox For Best Fat-Burning and Weight Loss Results Report](#) is available for free at <http://healthnewswires.com/detox-diet-weight-loss>

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