How to Clean Your Body’s System for a Drug Test for Marijuana

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With the use of recreational and medical marijuana on the rise and becoming legalized, it is important to know your limits and be able to prepare yourself for a drug test. (Newswire.net -- March 22, 2019) -- Marijuana is great to consume if you are looking at getting its medical benefits. However, if you are trying to get a job, you have to make sure that you pass a marijuana drug test. Drug tests are a way for companies to test if you have Tetrahydrocannabinol or THC inside your body. THC is one of the byproducts of marijuana that is commonly found in urine samples. If you were smoking weed and needed to remove it to pass a work-administered drug test, the good news is that it takes a bit of knowledge and marijuana detox kits to make sure that you come out clean. To know more about marijuana, you can visit this site here.

If you are taking a drug test, you should be able to determine first the number of THC metabolites that are present in your body.

How Much THC is Inside my Body?

You have to know the following factors:

1. The Number of Times You Consume Marijuana

You have to determine the frequency of you using marijuana. Ask yourself if you smoke once a year, once a month, twice a week, or every day? During the time that you are enjoying your pot, do you take only a single hit or do you take so much more? The more frequent and the more marijuana you are using, the more THC amounts will be stored in the fat tissues of your body.

2. Measure Your Total Body Fat

THC is fat-soluble. This means that the THC compounds are stored in your fat cells regardless of the amount of weed that you are smoking. If you have a lot of body fat, the harder it's going to be for THC metabolites to leave your body. You have to work harder in order to get rid of marijuana from your entire system.

3. Metabolism

If you have a healthier body, the greater the chances that your results will be negative on your marijuana drug test. Healthier bodies tend to have lesser fat cells. This means that the THC metabolites can be flushed out from your system faster. If you have a slow metabolism, you might find it harder to get rid of the THC levels inside your body. You might need help in the shape of detox programs that are available online or on your local drugstores.

How to Flush Drugs Out of Your Body

1. Stop Smoking Marijuana

This is the most helpful things that you can do if you know that you have an upcoming drug test. Do not smoke weed a week or two prior to the test so that you can easily flush out marijuana from your system. You have to remove traces of cannabis from your skin, hair, blood, and urine samples especially if you don’t have any idea of what kind of test you are going to take. The longer you cease your smoking before taking a drug test, the better your chances of passing.

2. Drink Lots of Water

For some people, keeping their bodies hydrated is the key. You can drink at least 3 liters of water every day before
your drug test. The water can dilute the concentration of THC inside your body and you might experience frequent urination. However, note that for some people, drinking lots of water will not have a very noticeable effect especially if they consume cocaine or marijuana. They might need some help through detox solutions that can make them flush out the toxins in no time.

3. Exercise Regularly

It is important to keep a healthy lifestyle while you are detoxifying. Aerobic exercises burn fats in the body and release THC through the sweat glands. If you reduce your body fats especially two weeks before the test, you will have a good chance of passing the test. You can do activities such as hiking, biking, jogging, jumping, and a lot more.

4. Eat Healthy Foods for Faster Metabolism

You need to cut out fatty and oily foods from your diet when you are about to undergo a drug test. You also need to cut on sugars, junk foods, and foods that have high sodium contents. Too much salt on your diet can lead to water retention. The result is that you won’t be able to urinate as frequently as you’d like. Eat fiber-rich vegetables and take vitamins. You can also increase the intake of fruits that are rich in anti-oxidants such as berries, kale, and lettuces.

5. Use Detox Drinks

Most of the time, some people have a 24-hour window before they take a drug test. If this is the case, detox drinks can help you significantly in passing your test. Sites such as https://cleardrugtests.com/how-to-clean-drugs-out-of-your-system-fast/ can significantly help you gather more information when it comes to detox drinks.

There are two types of drinks that you should know:

1. Diuretics – These kinds of detox drinks literally forces your kidney to flush the toxins out of your body through frequent urination. However, this is not a foolproof method and there’s still a chance that a metabolite can sneak into your urine sample. Some of the cleansers will result in much-diluted urine that expert analysts can reject. You may have to undergo a drug test again if your urine sample is “too clear”. Other people find alternatives in taking creatine and vitamin B that helps retain the natural color of urine as well as their temperature and texture.

2. Detox that Stops Fat Metabolism – These detox drinks can work as covers for a lot of toxins. Rather than removing
them, these kinds of drinks can mask your test results for a few hours. They will prevent the THC levels from leaving your body especially if you are taking a urine drug test.

Don't Know Where to Start?

If you need help today because you have a drug test tomorrow, go to the right website and contact an expert. They will be able to give you a lot of recommendations on how you can pass your drug test easily. They have been in your situation and they know which products are going to work. Don't lose your job or go to jail just because of a drug test. Get detox products now.

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