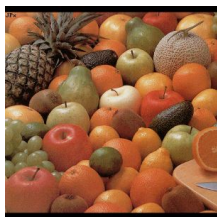


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[Fruit Diet to Completely Detoxify Your Body](#)

Body detoxification leads to the removal of all the toxins, wastes and poisonous compounds from our organism and provides us with energy and enhanced cognitive abilities

Summer is the most appropriate season for starting a detoxifying diet because now fruits and vegetables are mostly available. We all should consider having a detoxifying diet at least once a year because during the cold season our body gets filled with toxins, waste elements and compounds that are not at all beneficial for us. Toxins in our body can only make us feel weighty and lumpish, lacking energy and will to enjoy life. Our physical moves and actions become slower, clumsier, as well as the brain activity which is blocked by the waste in our organisms. A diet consisting in vegetables and fruits is the most recommended in the hot season firstly because it supplements our bodies with the vitamins and nutritive compounds it needs for functioning properly and secondly because the heat outside makes it heavier for us to digest heavy meals. One of the most effective methods for detoxification is the one in which raw fruits and natural fruit juices are used. The fruit nutrition is an excellent remedy for excess organic toxicity because it redresses the alkaline state of the body, eliminates acidic chemicals in our organisms and helps us lose weight by providing us with a lot of energy at the same time. People that use the fruit diet usually remove all the dead cells, fat excretions and other unhealthy element from their bodies. When eliminating the toxins, our body will make use of all the ways in which it can do this: urine, excrements, skin, mouth, sinus. However, the colon will be the most required part of our body during the detoxification period, because it will be the medium through which more than 70% of the waste in the organism is eliminated. The digestive tract processes the meals we eat and when filling it with unhealthy products from junk food, it will become heavy with toxins. These toxins are also released in our body through the walls of the colon and reach the blood stream. From here, toxins dissipate all through our body and lead to various mild or serious diseases. Of all the fruits, citrus fruits, especially lemons, grapefruits and oranges, have the most beneficial and powerful effect on the detoxification process. Other fruits that will also enhance waste removal from the body are pineapples. But besides these, note that all fruits intake leads to a healthy way of living and works very well upon the organism. The fruit diet and toxins elimination will have miracle effects upon our health not only by removing all the waste and poisonous compounds from the blood stream and the rest of the body (colon, liver, heart etc). Eating fruits helps us get rid of allergies, vitalizes and energizes us and leads to a good stamina, improves eyesight, makes our nails, teeth and hair stronger and healthier, our skin becomes radiant and sweet smelling. Also, our cognitive function and mental abilities are stimulated and increased, while emotional disorders such as stress or anxiety are also minimized.