

Natural Body Detox Course

A Free Report From “The Body Detox SECRET” written by Harrison Thomson

BodyDetoxSECRET.com

Note : This mini ebook is made available to people who have completed the 7 days detox course in BodyDetoxSECRET.com. The content of this ebook is the same as the 7 days detox course. The purpose of this mini ebook is for them to keep for future reference and to share with their friends who have yet attended the 7 days course.

If you have not followed the 7 days detox course, you should subscribe to the newsletter because you will be receiving weekly detox tips after you have finished the 7 days detox course.

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Chapter 1 : Introduction To The Concept Of Detoxification

Detoxification (Detox) means eliminating toxins from our body. Now, we are living in a world that is laden with toxins. No matter where we are and how clean is the place, we will always have contacts with toxins. This includes :

- the air that we are breathing
- the foods that we are eating
- the water that we are drinking
- the daily goods that we are using

Today, the air is polluted and full of poisonous gas such as carbon monoxide that can reduce the ability of our blood to transfer oxygen to cell, as well as heavy metal such as lead that will damage our nervous system. The daily foods and goods that we are using are mostly chemically produced and all of them contain some chemicals that will cause slow and insidious effects to our health.

Detoxification is a process that is meant to remove these toxins from our body. Actually, our body is a big detoxification factory. Our liver, kidney, skin et cetera are eliminating toxins from our body every milisecond. Since our body is a good detoxification factory... why do we need to detox manually? We will discuss about this later :)

Hope that I have covered some basic concepts of detoxification. If you want to learn more about detoxification, and how to detox safely and start living healthily, you should read "The Body Detox SECRET".

The promotion is still going on due to overwhelming response. I cannot provide an actual guarantee when will it end. So, grab it today before the promotion ends.

<http://bodydetoxsecret.com/report>

Chapter 2 : The Importance Of Detoxification

In last chapter, I have told you that we are living in a world that is laden with toxins. Even though our body is a powerful detoxification factory, this was a case back in few hundred years ago while the Industrialization Revolution had not started. Today, our body is carrying huge burden because the rate of toxic intake is insanely higher than the rate of toxic elimination.

High toxicity in our blood is proven to cause detrimental consequences which we often perceive as diseases. The effects of high toxicity include general health problems such as migraine, headache, diarrhea to chronic cases such as cancer, bronchitis et cetera.

Have you ever stop and ponder whether your health problems are caused by high toxicity before consulting a doctor? Many doctors will just prescribe you some drugs that are just curing the symptoms and do not address the root problem (high toxicity). It is important that I should show you this statistics of death due to unnecessary medical procedures and drugs prescription :

According To The Book "To Err Is Human: Building a Safer Health System" (2000) by Institute of Medicine (IOM),

In 1997, as many as 98,000 Americans die in hospitals each year as a result of medical errors... Deaths due to preventable adverse events exceed the deaths attributable to motor vehicle accidents (43,458), breast cancer (42,297) or AIDS (16,516).

You can read more about this book here, this chapter here :

http://books.nap.edu/openbook.php?record_id=9728&page=26

Many daily health problems (minor) can actually be cured without medication. And, the first step to improving your general health is to restore your body to its natural state through detoxification. Please do not simply find a detox diet and follow it, because many detox diets actually harmful and are not recommended to some people. Doing things blindly might provide more harm than good.

The diet plan outlined in the book "The Body Detox SECRET" is a healthy, safe and non-extreme approach to detoxing your body. Why is it better than other extreme diets? You will know later.

Chapter 3 : What Criteria Should A Healthy Detox Diet Have

Many detox diets that are available in the Internet, are good theoretically. For instance, the famous Master Cleanse detox diet actually requires you to only drink lemonade and maple syrup for about 10 days. This is based on the body alkalization theory (which I will discuss in the supplementary book "The Alkalizing & Acidifying Handbook"). Lemon itself is a powerful alkalizing food that can help to restore our body pH and enhance our detox power.

However, do you think that starving yourself, and only depend on lemonade for 10 days are healthy? Do you think that depriving yourself of other necessary nutrients is healthy? I highly doubt so.

As mentioned in [the website](#), if you starve yourself, your metabolism will fall and your organs will not function efficiently. Even after you finish your detox diet, you will accumulate toxins faster than other people because you have lower metabolism.

Therefore, a good and healthy detox diet, should have the following criteria :

- Does not require you to starve yourself
- Allows you to take in sufficient nutrient
- Does not lower your metabolism during and after the diet

In fact, the detox diet and tips that are outlined in "The Body Detox SECRET" at <http://bodydetoxsecret.com/report>, is able to :

- Provide you with all the necessary nutrients over the 7 days
- Maintain and even improve your metabolism during and after the diet
- Improve your ability to eliminate toxins through stimulating each detox organ.
- Restore your body pH using the body alkalizing theory

Thus, allowing you to :

- Detox without lowering your body metabolism
- Retain your health over a long period of time
- Become healthier in the future through different detoxification tips without really undergoing the detox diet
- Improve your body metabolism by creating optimum pH (environment for your body)
- Allows you to lose weight easily due to high metabolism (we will discuss about the relation between weight loss and detox later)

The detox diet that you can find in the "The Body Detox SECRET" is indeed something that is different that you can easily find in the Internet. The diet is very easy to follow, and you can start doing it now and take a big step in achieving great health now here :

<http://bodydetoxsecret.com/report>

Chapter 4 : How Can You Enhance Your Detoxification Power

Many detox websites will stop providing you information in last chapter because they will only teach you about detox diet. However, the actual detoxification that you will learn in "The Body Detox SECRET" is not so because detoxification should be considered as a long term commitment.

Over the next few chapters, I will be providing you some tips that you can use in your daily life to enhance your innate detoxification power and achieve long term health.

Firstly, the most important thing that we should do is of course to improve the functions of our detoxification organs such as kidney, liver and skin. By doing so, the nett daily toxic intake will actually reduce by a huge amount.

Each organ requires different stimulations to improve its function. For instance, our liver is a very sensitive organ. Eating too much sugar, saturated fat and taking too much alcohol will damage our liver. Liver is the most powerful detox organ in our body, once it is damaged, you will be on the slippery slope towards chronic health problem. In order to improve the health of our liver and its function, it is imperative for us to avoid foods that will damage our liver and to eat foods that actually help to repair and improve our liver's health.

There are actually many ways to improve our innate detoxification system, from improving the flow of bile to improving our fat metabolism to et cetera. If you want more comprehensive explanation on how you can improve your detoxification power and live healthily even after you have finished the detox diet, you should read "The Body Detox SECRET" at :

<http://bodydetoxsecret.com/report>

Chapter 5 : What Can You Do To Ensure Your Long Term Health

In page19 of the "The Body Detox SECRET", there is actually a list of general detoxification symptoms, you can read it to see whether you are starting to experience detoxification.

Anyway, today we will be discussing on what you should do to ensure your long term health. Many doctors will not encourage you to take more than 2-3 times of detox diet every year because doing more than that will provide negative effect.

Therefore, it is important for us to ensure our long term health after the detox diet. This is explained in chapter 4-chapter6 of "The Body Detox SECRET". In order to ensure your long term health, you should learn to :

- identify different sources of toxins and try to minimize your toxic intake
- take care of the health of your detox organs so that they can do their work efficiently
- prepare a good inner environment (~pH7.3) so that your organs can function at the optimum level (explained in "The Alkalizing & Acidifying Handbook" that comes together with "The Body Detox SECRET"
- make a slight change to your daily diet, making it a partial detox diet that have some detoxification power
- and of course exercise frequently

Hope that I have provided you a general guideline in how to ensure your long term health. These aspects are being explained thoroughly in "The Body Detox SECRET", you can read about them here:

<http://bodydetoxsecret.com/report>

Chapter 6 : The Missing Link Between Weight Loss & Detox

Many detox diets claim that after detoxing your body, you will be able to lose lots of weight miraculously. But they never explain the reason behind it.

Yes, it is indeed true that after detoxing your body, you will be able to lose lots of weight. However, you should also be reminded that you will gain back some weight very soon when you get back to your normal diet.

This is because you lose mostly water weight during detoxification (mostly come out as urine and sweat). And, through an extreme detox diet, your metabolism will fall drastically. Therefore, when you get back to your normal diet, you will accumulate toxin and gain weight very fast because of your low metabolism (and water weight is easy to gain generally).

Therefore, detox diet does not affect your weight loss DIRECTLY.

HOWEVER, if being done in a correct way, detox diet does help in your weight loss and ease the effort required in the long term INDIRECTLY.

When done correctly, you are able to detox your body without reducing your metabolism. Therefore, after the diet, combining with the tips that are provided in "The Body Detox SECRET", your metabolism will remain high while your toxic level will remain low.

The Missing Link : Your Metabolism

Detoxification works by eliminating the toxins in our blood so as to recover the optimum environment that is suitable for our body system. When the organs can function at their optimum levels, our metabolic rate will improve, thus allowing us to burn calorie and fat more efficiently.

Therefore, you should never follow a detox diet that will lower your metabolism and accelerate your toxic intake (after the diet).

You can start following a 7 days detox diet that is proven to be safe and healthy now at :

<http://bodydetoxsecret.com/report>

Chapter 7 : Round Up & My Personal Challenge To You

This is the last chapter of this mini ebook, and here I would like to round up some points.

- 1) Our body accumulates toxins
- 2) High toxicity in our blood causes health deterioration
- 3) There are many dangerous detox diets
- 4) Detox diets that required you to starve yourself do not work
- 5) You should never take more than 3 times of detox diet a year
- 6) Other than detox diet, you should take other measures to detox yourself during normal days
- 7) Our body is a huge and powerful detox engine
- 8) Low metabolism will cause us to grow fat easily
- 9) Low metabolism will cause us to accumulate toxin faster
- 10) A good detox diet should help to maintain and boost your metabolism
- 11) Detox has no direct relation with weight loss
- 12) Detox will only enhance and help the weight loss effect if you do it correctly
- 13) You can start detoxing your body TODAY.

Before allowing you to graduate from this course, here is my personal challenge to you.

You can try the detox diet in "The Body Detox SECRET", and learn all the tips taught in the book. If you are satisfied with the result that you receive, which I'm very sure that you will, then you have found a great path to your health at a low cost, just email me and tell me your success story if you feel like it.

However, if you are not satisfied with the result that you receive, just email me within 60 days of purchase, I will refund you 100% of the money with no question asked. And you may keep the book.

You can start taking a big step towards your great health today right now :

<http://bodydetoxsecret.com/report>

The End

And Thank You For Reading This Mini Ebook