

RED EARTH JUICERY

BENEFITS OF CLEANSING

Body cleanses work on the principle of removing toxic substances from the digestive system. These cleanses can help improve the stomach, intestines, kidneys and other organs.

Body cleanses have been used for thousands of years for their mental and physical benefits.

The fitness and nutritional benefits they offer and how they can improve your overall well-being are as follows:

Weight Loss. One of the top benefits of a body cleanse is weight loss. Many people experience weight loss after the body cleansing is complete. The majority of this weight comes from built-up waste throughout the digestive tract that has attached itself to the linings of the intestines. The cleanse helps to dislodge waste and other build-up.

Improved Sleep. One of the most common reported benefits of a body cleanse is better and deeper sleep. Body cleanses remove a host of toxins that are ingested on a daily basis through food that contain pesticides and other harmful substances. One of the symptoms of this unhealthy build up is compromised sleep patterns, insomnia and persistent fatigue. By removing these toxins, the body is able to resume restful sleep patterns.

Skin Clarity. Improved skin quality is another key benefit of a body cleanse. In addition to the digestive tract, the skin is one of the major organs responsible for the release of waste from the body. As toxic waste slowly accumulates in the intestines, the body tries to sweat it out through the pores, causing congestion and breakouts on the surface. Removing this waste through a cleanse leads to clearer skin.

Immune Boost. Individuals who experience frequent colds or other illnesses often find that their immune system improves after completing a cleanse. The immune system gets a profound boost after a cleanse because the body no longer has to fight harmful bacteria stuck in the intestines, meaning it is free to handle the everyday threats against it.

Digestive Regularity. Body cleanses help correct digestive irregularity. The fibre, hydrating elements and active herbal ingredients in a body cleanse stimulate the colon to move material through the system and restore the natural rhythm of the digestive tract.