

- Diet therapy

What should you keep in mind while on a detox?

HT City · 11 Aug 2022 · 06

Detox should not be about depriving yourself, skipping meals, or completing an overly restrictive juice cleanse. The ultimate goal should be to make healthy and tasty foods a part of your everyday routine and to make positive lifestyle changes that will last even after the 'detox diet' is over. Here are a few tips to follow while on a detox:

- Drink plenty of water. Consuming three litres of water daily helps your body flush out the toxins and increases metabolism.
- Eat a lot of alkaline fruits such as apple, banana, berries, grapes, lemon, orange, peach, pear and water-melon.
- Cut back on refined sugar and animal fat. Avoid smoking and alcoholic beverages.
- A 30-40 minute walk every day is essential. Continue routine medications during the detoxification process.
- To keep yourself hydrated, you can have calorie-free beverages. These include black coffee, unsweetened tea, flavoured water, lemon water, clear broth and pulp-free fruit juices. Avoid soda, coffee with milk, cream or sugary energy drinks and smoothies.