

[IMAGE]

All Natural Detox Foods

After this holiday season many people make their New Year's resolutions based on weight loss and their nutrition. In order to get your body back on track after the numerous holiday sugar-laden feasts you will need to first look to incorporating some foods into your diet that can help you detox first.

Detoxing the body can be done naturally by simply incorporating certain foods that can help your system get rid of toxins and excess. Let's take a look at a few:

- **Fruit**

Fruits are high in fiber such and contain antioxidants, nutrients and important vitamins that can help your body get rid of excess. Have an apple or a pear next time to get your detox process started.

- **Green Vegetables**

Fill up on green vegetables and detox your body naturally. By incorporating veggies such as kale, arugula and spinach you can help your digestive system with some chlorophyll which helps the body get rid of harmful environmental toxins from smog, heavy metals, herbicides, cleaning products and pesticides. They also aid the liver in detoxification.

- **Lemons**

A good way to start the day is by sprinkling some lemon into your water. This fruit can help you flush out toxins and help your liver with the cleaning process of your internal organs.

- **Spices**

Try some garlic or red cayenne pepper as new spices for your diet. Both can help boost your metabolism and help you detoxify where you need it.

Try getting back on track with these foods after the holidays and start the new year refreshed!

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