

detox juice diet 5 days

Detox Juice Diet 5 Days: A Refreshing Reset for Your Body and Mind

detox juice diet 5 days can be an invigorating way to give your body a fresh start. Whether you're looking to cleanse your system, boost your energy, or simply reset unhealthy eating habits, a five-day juice cleanse offers a structured approach to nourishing your body with vitamins, minerals, and antioxidants. This short-term diet focuses on consuming nutrient-dense juices derived from fruits and vegetables, eliminating processed foods, caffeine, and added sugars. Let's explore how a detox juice diet for 5 days works, its potential benefits, and practical tips to help you make the most out of this healthful journey.

What Is a Detox Juice Diet 5 Days?

A detox juice diet spanning five days involves replacing your regular meals with freshly made juices crafted from a variety of fruits and vegetables. The idea is to flood your system with nutrients while giving your digestive system a break from heavy or processed foods. During these five days, you avoid solid foods and focus on liquids that are easy to absorb, rich in antioxidants, and hydrating.

Unlike longer fasts or extreme cleanses, a 5-day juice detox strikes a balance between challenging your body and maintaining adequate nutrition. It's a manageable timeframe for most people and can be a perfect reset after a period of indulgence or stress.

Why Choose a 5-Day Detox Juice Plan?

Choosing a 5-day detox juice plan offers several advantages:

- **Sustainability:** It's not so long that it becomes overwhelming but enough to start seeing and feeling results.
- **Nutrient Boost:** You consume concentrated amounts of vitamins, minerals, and phytonutrients which support your immune system and overall health.
- **Digestive Rest:** By eliminating solid foods, your digestive tract gets a rest, which can reduce inflammation and improve gut health.
- **Mental Clarity:** Many people report increased focus and reduced brain fog after a few days of clean eating.
- **Hydration:** Juices, especially those with high water content vegetables, help keep you well hydrated, which is essential for detoxification.

Key Ingredients for an Effective Detox Juice Diet 5 Days

The success of your detox largely depends on the ingredients you choose. Freshness and variety are essential to cover a broad spectrum of nutrients.

Vegetables and Fruits to Include

- **Leafy Greens:** Spinach, kale, and Swiss chard are packed with chlorophyll, fiber, and antioxidants.
- **Cucumbers and Celery:** Both are hydrating and contain minerals like potassium and magnesium.
- **Carrots and Beets:** Provide beta-carotene and betalains that support liver detoxification.
- **Apples and Pears:** Add natural sweetness plus fiber and vitamin C.
- **Citrus Fruits:** Lemons, limes, and oranges help boost vitamin C levels and add tanginess.
- **Ginger and Turmeric:** These spices have anti-inflammatory properties that support digestion.
- **Herbs:** Parsley and mint add flavor and additional detoxifying compounds.

What to Avoid During the Detox

To maximize benefits, avoid:

- Processed sugars and artificial sweeteners
- Caffeine and alcohol
- Dairy products and heavy proteins
- Fried or greasy foods
- Refined grains and junk food

How to Prepare and Follow a Detox Juice Diet 5 Days

Starting a detox juice diet requires some planning and preparation. Here's a simple guideline to help you embark on your cleanse:

Step 1: Plan Your Juices

Decide which juices you'll prepare each day. Aim for a balance of greens, roots, and fruits. A typical day might include:

- Morning: Green juice with kale, cucumber, apple, and lemon
- Mid-morning: Carrot and ginger juice
- Lunch: Beet, celery, and orange juice
- Afternoon: Spinach, pear, and mint juice
- Evening: Turmeric, lemon, and pineapple juice

Step 2: Gather Fresh Ingredients

Shop for organic produce whenever possible to reduce pesticide intake. Fresh ingredients will taste better and provide more nutrients.

Step 3: Prepare Juices Fresh Daily

Juices are best consumed fresh to preserve enzymes and vitamins. Use a quality juicer or blender and strain if necessary.

Step 4: Listen to Your Body

During the detox, you might experience headaches, fatigue, or cravings; these are normal detox symptoms as your body adjusts. Stay hydrated with water and herbal teas, and rest when needed.

Benefits You Can Expect from a Detox Juice Diet 5 Days

A 5-day detox juice diet offers several potential benefits beyond just weight loss:

Improved Digestion and Gut Health

The fiber in fruits and vegetables promotes healthy digestion, while the juice fasting gives your gut a chance to reset, reducing bloating and inflammation.

Increased Energy and Mental Clarity

Many participants report feeling more energized and mentally clear, likely due to the absence of blood

sugar spikes and toxins often found in processed foods.

Enhanced Skin Health

Vitamins and antioxidants in juices can lead to a glowing complexion by flushing out impurities and hydrating the skin.

Weight Management

While a detox juice diet is not a long-term weight loss solution, it can jumpstart healthier eating habits and lead to mild weight reduction by cutting calories and toxins.

Tips for a Successful Detox Juice Diet 5 Days

To make the most of your detox experience, consider these practical tips:

- **Ease Into It:** Gradually reduce caffeine, alcohol, and heavy meals a few days before starting to minimize withdrawal symptoms.
- **Stay Hydrated:** Drink plenty of water alongside your juices to support kidney function and detoxification.
- **Rest and Relax:** Your body is working hard to cleanse; prioritize sleep and avoid strenuous exercise.
- **Don't Overdo It:** If you feel dizzy or weak, add light snacks such as nuts or steamed vegetables to maintain energy.
- **Post-Detox Transition:** After five days, reintroduce solid foods slowly, starting with fruits, salads, and light meals to avoid digestive upset.

Who Should Approach the Detox Juice Diet 5 Days with

Caution?

Although detox juice diets can be beneficial for many, they are not for everyone. Individuals with certain health conditions such as diabetes, eating disorders, or chronic illnesses should consult a healthcare professional before starting. Pregnant or breastfeeding women should also avoid restrictive diets to ensure proper nutrition for themselves and their babies.

Embarking on a detox juice diet for 5 days can be a refreshing way to realign with your body's needs and enjoy a burst of energy and clarity. By carefully selecting your ingredients, listening to your body, and easing back into solid foods thoughtfully, you can make this short cleanse a positive and sustainable part of your wellness journey. Whether you're a seasoned juicer or new to the concept, this reset may just be the revitalizing experience you've been looking for.

Frequently Asked Questions

What is a 5-day detox juice diet?

A 5-day detox juice diet involves consuming only fruit and vegetable juices for five consecutive days to help cleanse the body, boost energy, and promote weight loss.

What are the main benefits of a 5-day detox juice diet?

The main benefits include improved digestion, increased intake of vitamins and antioxidants, enhanced hydration, potential weight loss, and giving the digestive system a break from processed foods.

Can I lose weight on a 5-day detox juice diet?

Yes, many people experience weight loss during a 5-day detox juice diet due to reduced calorie intake and elimination of processed foods, but the results may vary and might not be sustainable long-term without healthy eating habits.

Is a 5-day detox juice diet safe for everyone?

While generally safe for healthy individuals, a 5-day detox juice diet may not be suitable for pregnant women, people with diabetes, or those with certain medical conditions. It is advisable to consult a healthcare professional before starting.

What types of juices are typically included in a 5-day detox juice diet?

Typical juices include green juices with kale, spinach, cucumber, celery, lemon, and apple; beetroot-based juices; carrot and ginger juices; and citrus blends, all aimed at providing nutrients and antioxidants.

How can I prepare for a 5-day detox juice diet?

To prepare, gradually reduce intake of caffeine, sugar, and processed foods a few days before starting, stock up on fresh fruits and vegetables, and plan your juice recipes and schedule to ensure variety and nutrition.

What should I do after completing a 5-day detox juice diet?

After completing the detox, gradually reintroduce solid foods starting with light, whole foods like fruits, vegetables, and lean proteins to avoid digestive discomfort and maintain the benefits of the cleanse.

Additional Resources

Detox Juice Diet 5 Days: An Analytical Review of Benefits, Risks, and Efficacy

detox juice diet 5 days programs have surged in popularity as a quick method to cleanse the body, jumpstart weight loss, and improve overall health. Promoted by wellness influencers and nutritionists alike, these diets typically involve consuming only fruit and vegetable juices for a consecutive five-day period. While the premise is appealing—flush out toxins, boost energy, and shed unwanted pounds—the scientific community and health experts often approach these regimens with measured skepticism. This article delves into the detox juice diet 5 days concept, examining its potential benefits, challenges, nutritional implications, and practical considerations, providing a well-rounded perspective for those contemplating this dietary approach.

Understanding the Detox Juice Diet 5 Days

The detox juice diet 5 days is essentially a short-term juice fast designed to eliminate solid foods and replace them with nutrient-dense juices extracted from fruits, vegetables, and sometimes herbs and spices.

Advocates claim that such a diet supports the body's natural detoxification processes, primarily by reducing the intake of processed foods, caffeine, alcohol, and excess sugars. The core idea is that by consuming only juices, the digestive system gets a "break," allowing the liver and kidneys to more effectively remove toxins.

Unlike longer fasting protocols, a five-day detox juice diet is often considered manageable for beginners or those seeking a brief reset. During this period, individuals typically consume 4 to 6 servings of freshly prepared juices daily, aiming for a variety of colorful ingredients to maximize nutrient diversity.

Common Components and Variations

The juices in a detox juice diet 5 days often include combinations such as:

- Green juices: kale, spinach, cucumber, celery, green apple, lemon
- Root vegetable blends: carrot, beetroot, ginger, turmeric
- Fruity mixes: pineapple, orange, watermelon, berries
- Herbal infusions: mint, parsley, cilantro

Some programs incorporate coconut water or herbal teas to maintain hydration and electrolyte balance. Variations exist, with some detox plans allowing minimal solid foods like salads or nuts to ease the transition.

Analyzing the Potential Benefits of a 5-Day Juice Detox

Proponents of the detox juice diet 5 days frequently cite several advantages, many of which are tied to the diet's emphasis on nutrient-rich, low-calorie liquids.

Increased Nutrient Intake and Hydration

Juices made from a blend of fruits and vegetables are rich in vitamins A, C, K, folate, and antioxidants. Consuming these juices can increase intake of phytonutrients that support immune function and reduce oxidative stress. Furthermore, the high water content of juices aids in hydration, which is essential for metabolic processes and skin health.

Caloric Restriction and Weight Loss

Because detox juice diets are typically lower in calories compared to regular eating habits, many users experience rapid weight loss, primarily from water weight and glycogen depletion. While this can be motivating, it is important to recognize that such weight loss is often temporary and may not translate to sustainable fat loss.

Digestive Rest and Reduced Processed Food Intake

Eliminating solid foods, particularly processed and high-fat items, may offer a digestive reprieve for some individuals, potentially alleviating bloating and promoting a sense of lightness. The absence of caffeine and alcohol may also contribute to reduced inflammation and improved sleep quality during the detox period.

Critical Considerations and Potential Drawbacks

Despite the appealing aspects, the detox juice diet 5 days is not without its criticisms and potential health risks.

Insufficient Protein and Essential Fats

One of the most significant nutritional concerns with a 5-day juice detox is the lack of adequate protein and dietary fats. Proteins are essential for muscle maintenance, enzyme production, and immune function, while healthy fats support brain health and hormone regulation. Prolonged absence of these macronutrients can lead to muscle loss, fatigue, and impaired metabolic function.

Blood Sugar Fluctuations

Juices, particularly those high in fruit content, can cause rapid spikes in blood sugar levels due to their high glycemic load and lack of fiber. For individuals with insulin resistance or diabetes, this can pose health risks and exacerbate symptoms like dizziness or irritability during the detox.

Risk of Nutrient Deficiencies and Energy Drain

While juices are nutrient-dense, they may not provide sufficient levels of iron, calcium, vitamin B12, and other micronutrients essential for daily bodily functions. The caloric deficit inherent in the detox juice diet 5 days can also lead to low energy, headaches, and difficulty concentrating, especially for those with active lifestyles or demanding work schedules.

Limited Scientific Evidence Supporting Detox Claims

The concept of a "detox" is often loosely defined in popular culture. Scientifically, the body already possesses

sophisticated systems—primarily the liver, kidneys, lungs, and skin—to eliminate toxins. There is limited empirical evidence that juice fasting enhances these natural detoxification pathways. Consequently, some health professionals argue that the benefits attributed to detox juice diets are more likely due to the elimination of unhealthy foods and increased hydration rather than any magical cleansing effect.

Who Should Consider or Avoid a Detox Juice Diet 5 Days?

Suitable Candidates

- Individuals looking for a short-term dietary reset to break unhealthy eating patterns
- Those seeking increased intake of fruits and vegetables in a convenient form
- People without underlying medical conditions who want to experiment with fasting under supervision

Who Should Exercise Caution or Avoid

- People with diabetes or blood sugar regulation issues
- Pregnant or breastfeeding women
- Individuals with eating disorders or a history of disordered eating
- Those requiring high levels of physical activity or strength training
- People with chronic illnesses or on medications that require food intake for effectiveness

Practical Tips for Implementing a 5-Day Juice Detox

For those choosing to undertake a detox juice diet 5 days, a mindful approach can mitigate some of the risks

and enhance the experience.

1. **Consult a healthcare professional:** Especially important if you have underlying health conditions.
2. **Plan your juices thoughtfully:** Include a variety of vegetables to reduce sugar content and increase fiber where possible (e.g., blending instead of juicing).
3. **Stay hydrated:** Drink water and herbal teas alongside juices to support kidney function.
4. **Listen to your body:** If you experience dizziness, extreme fatigue, or other adverse symptoms, consider modifying or stopping the detox.
5. **Gradually reintroduce solid foods:** After the 5-day period, ease back into regular eating with light, nutrient-dense meals to avoid digestive shock.

Comparisons with Other Detox and Fasting Methods

The detox juice diet 5 days shares similarities with other short-term fasting or cleanse protocols, such as water fasting, intermittent fasting, and elimination diets. However, it differs in that it provides calories and nutrients through juices, potentially making it more sustainable than water-only fasts.

Compared to elimination diets that focus on removing specific allergens or irritants, juice detoxes emphasize overall caloric restriction and nutrient density. Intermittent fasting, meanwhile, modulates eating windows but does not necessarily restrict food types, offering a less restrictive alternative to detox juice diets.

Understanding these distinctions can help individuals select a detox strategy aligned with their health goals and lifestyle.

The detox juice diet 5 days remains a sought-after method for those interested in a rapid nutritional reset or weight management tool. While it offers certain benefits such as increased intake of vitamins and antioxidants, hydration, and a break from processed foods, the absence of protein, fats, and fiber, as well as potential blood sugar imbalances, warrant cautious adoption. Ultimately, informed decision-making and professional guidance are key to ensuring any detox approach supports long-term health rather than undermining it.

Detox Juice Diet 5 Days

detox juice diet 5 days: *Detox Diet & Detox Recipes in 10 Day Detox: Detoxification of the Liver, Colon and Sugar With Smoothies* Speedy Publishing, 2019-11-22 The detox diet has many benefits. Some of these benefits include boosted energy, elimination of waste from the body, weight loss, strengthened immune system, healthier skin, better well-being, improved breath, and better thinking skills. The common denominator of all of these benefits is the improvement it gives our bodies. After all, our body is a gift and we should take care of it.

detox juice diet 5 days: *The Juice Cleansing Diet: A Step by Step Guide for Beginners* Bruce Ackerberg, This book contains guides and strategies for beginners on how to properly execute a cleansing diet by utilizing the vegetables. Juicing, is one of the emerging, popular methods in the alternative medicine that can help you get healthy in so many ways. You can tell the nutrients from fruits and vegetables by their color, and it is also an interesting way of re-introducing yourselves to the wonders of organic fruits and vegetables once again. This book will guide you on how to master this diet regimen. Everything you need to know about using colorful vegetables for cleansing is here. Learn all the benefits, as well as the risks that you should consider. This book will also give you an in-depth guide to all that you would drink for at least ten days in order to achieve the desired weight loss and detoxification for your body. Table of Contents Introduction The Wonders of Juice Cleansing The Many Benefits of Juicing The Potential Risks and Side-Effects of Juice Cleanse Warming up: Two Weeks Before Your Juice Cleanse One Week Before the Juice Cleanse The Juice Cleanse Experience Conclusion

detox juice diet 5 days: *Detox Diet: The Way To Rejuvenate the Body* Amy Zulpa, 2014-02-23 Have you been feeling sluggish lately? Is your skin looking dull and dry? If so then you may be in need of a detox. Detox Diet: The Way To Rejuvenate the Body is a great way to learn exactly what it means to detox and also to learn what can be done naturally to get this process started. The main purpose of a detox is to get rid of all the buildup of toxins that have accumulated in the body over a period of time. The main aim of the book is to inform and educate the reader on the benefits that they can accrue from the process. It is not hard to do and it is advised that it be done with supervision.

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detox juice diet 5 days: *The Juice Cleanse Reset Diet* Lori Kenyon Farley, Marra St. Clair, 2013-12-31 This groundbreaking juice cleanse and diet—based on the wildly popular Ritual Reset

Cleanse—completely resets your system in just seven days to clear toxins and acidity, reduce cravings, and promote lasting weight loss. First, identify what type of cleanse you need based on your current dietary habits, and then choose from sixty delicious recipes to eat and drink your way to optimal health.

detox juice diet 5 days: Introduction to Science of Fasting for Healthy Body Ram Babu Sao, 2025-05-20 Fasting has been used for the body to get rid of waste buildup and also for religious and spiritual purification for centuries. Nearly every religious text from the Old and New Testaments of the Upanishads as well as Bible to the Quran, calls upon followers to fast periodically as a rite of spiritual purification, penitence, or preparation for union with God. Fasting advocates and claims that the practice can effectively treat serious health conditions, like diabetes, constipation, arthritis and colitis to heart disease and depression. In his practice, he has seen fasting, combined with improving the diet before and afterwards, which eliminates lupus, arthritis and chronic skin conditions like psoriasis and eczema. He says he has also seen fasting heal the digestive tracts of those with ulcerative colitis and Crohn's disease, and lower blood pressure. Fasting followed by a vegetarian diet interferes with the immune system's activities, especially if the immune system is overreacting, as it does with, and other auto-immune diseases. He cites half a dozen studies published in medical journals ranging from the American Journal of Physiology-Endocrinology and Metabolism to the Scandinavian Journal of Rheumatology. Studies published in "The Proceedings of the National Academy of Sciences" and "The Journal of Nutrition in 2003" showed that human beings forced to fast every other day, while eating twice the normal amount of food on non-fasting days, had better insulin control, neuronal resistance to injury, and other health indicators than people fed calorie-restricted diets. Fasting may yield psychological benefits as well. I use very brief fasting with my patients to help them cope with stress and depression, says Agnese Barolo, a life coach in contemplative practices in New Rochelle, N.Y. So, now many are so encouraged that they try longer fasts, she says. There is scientific evidence for the curative powers of fasting, That is a reason every culture in every country has practised some form of fasting for thousands of years. Fasting is not advisable for everyone. But for those whose medical conditions do not respond to other treatments, Fuhrman says, sometimes fasting four to five days a month can help them break to the next level of immune competency. He adds that it will only work if you frame the fast with good nutrition before and after. Fuhrman cautions that certain people should not fast, including: • Pregnant women. • People with wasting diseases or malnutrition. • Those with a history of cardiac arrhythmias. • People with hepatic or renal insufficiency. And anyone who fasts for extended periods should do so only under close medical supervision. "Fasting gives Longer Life". There are hundreds of studies showing that when people are fed fewer calories they live longer, says Fuhrman. Studies on animals ranging from earthworms to monkeys have shown that alternating cycles of fasting and very calorie-restricted diets are a reliable way to extend the lifespan. The excess calories Americans eat, they shorten their lives, says Fuhrman. If you want to live longer, Fuhrman's best advice is to eat healthy and fast periodically. The time may come, Fuhrman says, when not offering to fast, substantially more effective nutritional approach will be considered malpractice. This book "Introduction to Science of Fasting for Healthy Body" is very fascinating and an exasperating with its simplicity and its vastness. The author says that there is no royal road to a perfect understanding of fasting. One can realize its vast extent of diseases and guiding symptoms. In its present compact form, it contains the maximum number of reliable fasting facts in the minimum space.

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have wisely followed the art of eating according to the natural rhythms of the changing seasons. Keeping the body in peak condition requires occasional fasts, periods of rest for the body's hard-working systems. Today, faced with exposure to an increasing array of chemicals, additives, and pesticides, our bodies need these healing respites more than ever. Unlike modern notions of fasting, Carrie L'Esperance's concept of this practice emphasizes dietary alteration rather than abstinence. She offers recipes designed around seasonal changes and geared toward individual health concerns, including fatigue, digestive disturbances, and excess weight gain. You will increase your energy levels, aid digestion, revitalize your skin, and cleanse your internal organs with a rich variety of delicious recipes from Banana Coconut Ice Cream and Big Scene Salsa Salad to Curry Potato Salad with Kidney Beans and Japanese Soba Noodles with Sesame Miso Sauce. The author also includes instructions for healing herbal baths and cleansers to round out your home healing program.

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detox juice diet 5 days: The Lemon Juice Diet Theresa Cheung, 2008-09-04 Lemon juice is the new cabbage soup of the diet world and a major Hollywood fad; the media is full of stories of stars losing weight on diets in which lemon juice is a key feature. The Lemon Juice Diet is a safe, delicious way to get thin quickly using this most magical and most fashionable of ingredients. Scientifically-proven to work and easy-to-follow, this diet will help you lose those excess pounds and stay in shape for good. So, what's the secret behind this diet? Lemon juice stimulates the flow of saliva and gastric juice and is an excellent digestive agent. And the health of your digestive system determines how well nutrients get absorbed from your food, how effectively toxins are filtered out and eliminated from your body and how quickly you lose weight. Lemon juice... - When taken regularly first thing in the morning, acts as a tonic to the liver and stimulates it to produce bile making it ready to digest the day's food - Helps lower blood sugar and can lower the glycemic impact of any meal - Is one of the richest and most concentrated food sources of vitamin C and recent research suggests that people who eat more fresh citrus are more likely to lose weight - Contains pectin power creating a satisfying feeling of fullness and preventing nagging hunger With easy meal plans, eating guidelines and exercise tips, *The Lemon Juice Diet* will help you to lose weight safely and effortlessly; all you need to do is give life a squeeze.

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cleanser really does, and how to direct a cleanse to the body systems that need the most support. Includes step-by-step detox programs for health concerns like arthritis, allergies/asthma, candida, GERD, infertility, weight loss and much more! Get on the path to renewed health and vitality: Start your Healthy Healing detox today!

detox juice diet 5 days: Juicing, Fasting, and Detoxing for Life Cherie Calbom, John Calbom, 2014-02-04 From the bestselling author and health and diet guru Cherie Calbom, a holistic guide for detoxification for total well-being, now updated and revised. More than a simple collection of recipes, this book guides readers toward a lifestyle that promotes alkaline balance by juicing, eating well, and cleansing the body and soul. While most juicing books focus too much on fruit juice (which disrupts the body's pH balance with too much natural sugar), this book primarily focuses on juices, smoothies, and soups made from vegetables. Now, completely revised and updated, it also offers a guide to the food richest in nutrients from Vitamin A to zinc and includes over 20 new juice recipes as well as new versions of various cleanses to benefit the colon, liver, gall bladder, and kidney, lymphatics, and more. Beyond the body, the Calboms explain the heavy toll emotional, mental, and spiritual unrest can take on the body (and sometimes even encourage disease) and share unique, effective methods for cleansing the body of such toxicity.

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detox juice diet 5 days: Ancient Healing for Modern People: Food, Herbs & Essential Oils to Detox, Cleanse & Rejuvenate the Body, Mind & Soul Michele Arnold-Pirtle, DACM, L.Ac., 2018-09-30 Western science along with Chinese Medicine both confirm that a healthy gut is necessary for our immune systems. In addition, there are more neurons in our gut than our brain, and we also know the gut and its hormones affects our brain, emotions, and behavior. Plus, the musculoskeletal system depends on digestion for healthy movement and relaxation. Our guts extract the vital nutrients we need from our food and drink to nourish our joints, bones, and muscles. Begin with a 10-day essential body detox and gut restoration program using essential oil protocols, and a healing rice congee (porridge) to release toxic buildup and kick start your metabolism. This is a gentle way to cleanse the body's organs naturally responsible for detoxification such as the liver, lungs, colon, kidneys, and skin. The essential oil protocols, 10-day daily menu, and food remedies provide support to help your organs function optimally so that they can do what they're supposed to do in

metabolism and digestion. They also contribute to the release of emotional and spiritual blockages. Bring yourself back into balance!

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