

10 Ways to Cleanse Without Restrictions or Gimmicks

Drink half your body weight in ounces of water per day



Sweat every day



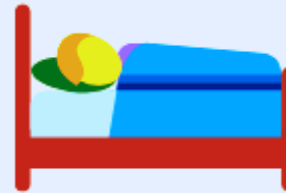
Eat water-rich fruits and vegetables with every meal



Take probiotics and digestive enzymes



Sleep 7-9 hours each night



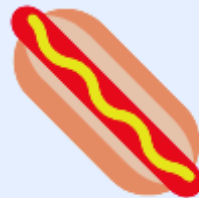
Consume less alcohol



Consume less sugar



Consume less processed foods



Get in the sauna or steam room



Be conscious of the ingredients in cosmetics and other products that touch your skin

