

FOUR DETOX TIPS TO BE AT YOUR 100% THIS SUMMER

June 21, 2018

Our body is a great machine, which not only needs to be properly maintained, but periodically, it must also have a set-up to take advantage of its full potential. Like every machine, it needs energy and discards the parts that are not necessary.

Nowadays, exposure to toxins, bad eating habits, lack of nutrients in the diet or excesses are some of those responsible for the overload of the organs that directly intervene in the detoxification and elimination of waste, such as the liver, the kidneys, the lymphatic system, the skin or the digestive system. At that moment, it is when our body begins to show signs of saturation, since it is not filtering this energy as it should and we do not take advantage of the nutrients correctly.

But how can we know if our body is warning us that something is not right? The main mechanisms affected begin to send messages, which result in symptoms such as fat accumulation, fluid retention, lack of energy, premature aging, heartburn, or skin symptoms such as allergies or pimples. At this point, we should consider that, possibly, we need a detox plan.



How do I make a good debugging?

At present, it is very difficult to keep out of reach of some toxic agents, such as radiation or pollution, but we can help prevent and combat its effects through certain habits:

- **Increasing the intake of fruits and vegetables:** many of them, such as lemon, celery, tomatoes, grapes, parsley or garlic, have great cleansing and antioxidant properties, in addition to providing a large number of vitamins. Garlic, specifically, is known to help cleanse the liver and gallbladder.
- **Through exercise:** sports help our body activate energy consumption and facilitate the elimination of toxins.
- **Through diet:** it must be rich in nutrients that help metabolic balance. Remember: a balanced diet prevents the accumulation of fats and liquids, making the task easier for our purification mechanisms.
- **With a better diet:** we must reduce the consumption of processed foods, soft drinks or fast food, as they provide many fats, sugars and, in many cases, empty calories.

How black garlic helps you to purify:

This superfood is traditionally known for its depurative qualities, helping us cleanse our body because:

1. **It helps to metabolize fats:** it promotes the acceleration of the metabolism thanks to its high content of iron and magnesium. This helps prevent the accumulation of fat.
2. **Eliminates fluids:** can be an excellent ally as a diuretic, thanks to its action on the renal epithelium.
3. **Normalizes the metabolism of glucose:** this is due to its sulfur compounds.
4. **Helps the purification of kidneys, liver and intestines:** they are the main responsible for the elimination of toxins and bacteria from our body.
5. **It has a detox action:** it acts on the most important filters of our body and together with its antioxidant potential, helps to maintain a healthy skin and prevent it from other affections.
6. **Its anti-acne effects:** contains amylaceous and mucilaginous elements useful in these cases.

Try our [Ecological Black Garlic Concentrated Fluid Extract \(BGCFE\)](#), the first on the market!, and start to feel all its effects.

