

Detoxification - The Side effects

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The side effects of detoxing should not be taken lightly. Even a brief detoxification period is a major change in your life and you need the time and space to devote your attention to it.

Before you start detoxing, see your doctor for a check-up. Tell him that you are interested in detoxing and listen to his advice. Medical research has not found any proof that detoxing is needed so your doctor will probably not be very encouraging. But you will need to take notice of any precautions you might need to take in relation to your own individual medical condition.

If you are diabetic you are in one of the groups of people who seriously need to take medical advice before detoxing. Fasting will send your blood sugar levels down and if you have chronically low levels or have problems with your liver or kidneys you need to be in contact with your doctor.

There are lots of methods of detoxing your body and many involve some kind of fasting. You can limit yourself to drinking water, some kind of shake or fruit juice. Alternatively, you can go for a liver or colon cleanse. All kinds of detoxification techniques carry side effects - positive as well as negative.

The negative kind of detoxing side effects can include muscular aches, moodiness, loss of sleep and the feeling that suddenly you are not one hundred percent well. As the detox process progresses, these side effects will lessen in severity and you will start to feel some of the more positive side effects.

When you alter your diet or start on a fast you will feel the consequences of changing your routine. You will need time before your system becomes used to smaller amounts of food and the change in content of your meals.

Lightheadedness is one of the symptoms that comes from a decrease in food intake, so you need to arrange your life so you can catch some rest whenever you need to.

There are emotional results of detoxing, also. You might feel restless and somewhat apprehensive without being able to pin down a reason for it. If your emotional unrest is leading to a less sleep, you will need to have the time available to take naps during the day if and when you need to.

Other minor but inconvenient side effects of detoxing are skin break outs, stronger body odor and bad breath. You might also encounter diarrhea or vomiting. These side effects will not only take up your time but increase your body's needs for water. Right at the outset you need to be prepared to discipline yourself to drink water at regular intervals.

You also need to remember that after your detoxing you will be left with a sense of well being and an enthusiasm for taking on life's challenges. You might also lose some weight, but that might not be permanent. At any rate, even though the list of negative side effects might take the edge off your enthusiasm for going on a detox diet, you need not worry. In spite of the side effects, detox if you feel that you need it but be mentally prepared for these changes in your body before you begin.

For more information on [detoxing side effects](#) and other matters related to detoxification, take a look at some of the articles at naturalbodydetoxfacts.com