

# Detox Tips & Tricks

Following these simple rules will substantially increase your odds of being ready for your cleansing deadline.

## **Cleansing Deadline:**

It is important that you remain toxin free for as long as possible before your cleansing deadline.

## **Importance of Water:**

Water is a catalyst in the body for purification.

Increasing your water consumption in the days before your cleansing deadline is very helpful in the cleansing process. HOWEVER, the day of your cleansing deadline is different.

You will need to be careful not to drink too much water, as this will cause your sample to be diluted.

## **Avoid Being Diluted:**

Follow specific instructions of the Detox packaging for the appropriate amount of water to consume on the day of your cleansing deadline.

A diluted result is not the same as a fail. A dilute result means there weren't enough natural by-products in your urine to register as urine.

## **Diluted Results:**

A diluted result also means that toxins were not found either, so this is grounds for a re-test.

Diluted results frequently occur with weak synthetic urine products or weaker detox products that do not contain enough creatine or protein.

If your urine is diluted, you can explain to your tester that you drink large amounts of water every day as most health professionals encourage us to do (ie. "Oh perhaps this is because I drink at least 8 large glasses of water per day")

## **Things to avoid while Detoxing:**

Toxins are stored in the body's fat cells, so it's important to avoid exercise in the week before your cleansing deadline.

Exercise will disrupt the fat cells and cause more toxins to be released into your blood stream.

You should not eat any food before and after taking the detox product. Food will absorb the detox and weaken the effect.

## **Further Instructions:**

- > It is recommended that you not eat for 3 hours before taking detox.
- > Once your test is concluded its ok to start eating again.
- > If you must eat before your cleansing deadline, avoid foods that are fatty, greasy or filling.
- > You should take your detox product 90 minutes before your cleansing deadline.
- > Always follow the instructions on the packaging of the detox product, some products are stronger than others so try to stick with a known product/brand.
- > Once you take the detox product it is important to urinate.
- > Your body has toxins and after taking the detox your body will need to expel those toxins via urination.

## **The Numbers You Need to Know:**

- > It takes most people 3 urination's after taking a detox product to remove unwanted toxins in order to be properly cleansed.
- > It takes most people 60 to 90 minutes to produce enough urine to urinate 3 times.
- > Once you have urinated 3 times your body will be cleansed of toxins, this effect will last for about 5 hours.

## **Colour considerations:**

- > It is normal for your urine to have a bright yellow, orange or green tint after consuming a detox product.
- > Colour is not a consideration when determining samples, do not be overly concerned about the colour at this stage.
- > The use of daily multi-vitamins can change the colour of your urine so it's common in those who use vitamins to have brightly coloured urine.

## **Middle of the Stream:**

Once you are at your cleansing appointment it is very important to use the middle of your urine stream when filling any samples.

If there were any remaining toxins in your urine they would be more prevalent in the first few seconds of the urine stream and in the last few seconds of your urine stream, so let a little out, quickly get the cup in place then remove the cup before reaching the end.

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