

The good, the bad and the ugly about detoxing

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BSA reader, Bianca Helberg, recently started drinking herbal teas and noticed a difference in her skin tone and her tummy bloating levels. She was keen to try a detox but one that didn't involve starving herself or eating only vegetables for weeks on end. She also wanted to know if there were any supplements or products that taken along with a balanced diet, would deliver noticeable results.



We asked **Dr Maurits Kruger**, our Health Renewal expert, for some advice.

One of the negative effects of today's modern world is the rising level of toxicity our bodies have to cope with. Industrialization and modern farming techniques have significantly increased our exposure to toxins that did not exist in our environment centuries ago. This has increased the need for regular detoxification and the need to support the natural detoxification pathways of the body.

The more we consume inflammatory and unhealthy substances, the harder our natural detoxification system has to work; and sometimes it just can't keep up.

To read the full article visit:

<http://beautysouthafrica.com/healthy-living/the-good-the-bad-and-the-ugly-about-detoxing>