

12 ways to detoxify your body

1. Drink lots of water
2. Start your day with lemon water
3. Eat lots of fibre
4. Eat foods that speed up detoxification
5. Support your liver
6. Dry-brush your skin
7. Take a salt bath
8. Breathe deeply
9. Move your body
10. Sweat it out
11. Get a massage
12. Try acupuncture

