

# 10 Signs You will Benefit from a Plant Based Detox Program

By Your Transformational Coach, Michelle AKA Energy Empress

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*Everyday our bodies are exposed to external and internal toxins in our environment. At first the changes are subtle and often go unnoticed but overtime that can cause havoc on our bodies and overall wellness. Let's see some key signs your body will benefit from some plant based detox support below:*

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1. Eating a typical American diet that includes occasional fast food, pork, whole milk or fried foods. These are often filled with chemicals, toxins, artificial preservatives and hormones that contribute to toxin build up, inflammation and excess mucus.
  2. Using home cleaners, personal care products, and makeup that contain chemical ingredients. According to [www.nyhealthfoundation.org](http://www.nyhealthfoundation.org), Americans are exposed to over 80,000 chemicals found in commercial products such as cosmetics, personal care products, cleaning products, and children's products on a daily basis!
  3. Experiencing excess gas and stomach bloating after meals is another sign your body is having trouble breaking down and processing foods due to toxin build up and irritation in the gut.
  4. Having Irregular bowel movements. If you are NOT having at least 1 or 2 healthy bowel movements each day, this is a strong sign of poor digestion and build up of toxins in the gut.
  5. Experiencing trouble maintaining a healthy weight could also be a sign that a buildup of toxins in the body are impacting your metabolism.
  6. Skin blemishes can be a sign your body is struggling to remove toxins from the body through the skin.
  7. Experiencing unexplained tiredness and fatigue. The body may not be absorbing enough nutrients due to a sluggish digestive system and consuming foods that lack healthy nutrients.
  8. Using over the counter, prescribed, or recreational drugs can also contribute to a heavy buildup of toxins in your organs and throughout the body.
  9. Working or living in high stress environments can create a build up of stress hormones in the body. Cortisol, the primary stress hormone, increases sugars (glucose) in the bloodstream which can create health issues after prolonged exposure.

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10. Brain fog can be a sign of toxin build up impacting cognitive function. If this is combined with medication use, then the likelihood is even more increased.

***If you answered yes to one or more of these signs you will definitely benefit from a plant based detox program.***

**If you have any questions contact me directly regarding wellness programs, products or events via email at [michelle@culturalartvisions.com](mailto:michelle@culturalartvisions.com).**

***\*Disclaimer: The information provided is not intended to diagnose, treat, cure or prevent any disease.***