

[RAW DETOX DIET](#)



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Raw Food Detox How to Start Starting a Raw Food Diet

A raw food detox diet is a way to detoxify the body. If you do it well, it removes toxins or other contaminants that are stored in our body fat and cells. Detoxing improves health, energy, immune system, memory and digestion.

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A List of Possible Detox Symptoms on a Raw Food Diet

Some detox diets require participants to eat only raw foods. Certain raw foods, such as fruits, vegetables, nuts and seeds, are nutritious additions to any diet. Following a raw food detox diet, however, comes with the risk of certain uncomfortable and unpleasant side effects, which proponents of these diets claim as proof that the cleanse is working.

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Raw Food Detox Symptoms Cleansing Effects

Caution: I do want to caution against getting detox fever and constantly wanting to fast, cleanse, and detox. At some point you need to give your body a chance to rest from eliminating toxins. At some point you need to give your body a chance to rest from eliminating toxins.

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