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On this website you'll find many raw food recipes that you can use during your detox. Go to the Vegetable Juice Recipe , How To Juice Veggies page or check out some Super Foods to see if there are some that might work for you.

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The Raw Detox Diet 30 Day Detox Menu Plan Dr Fuhrman 10 Day Detox Diet You need to understand that detoxifying the body takes a little time. You cannot simply take out all the toxins accumulated over the years, overnight, or within a period of some days.

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A List of Possible Detox Symptoms on a Raw Food Diet

A drop in blood pressure is a potentially dangerous side effect of a raw food diet, according to Douglas Graham, a doctor, raw food advocate and author of "The 80/10/10 Diet." Raw food diets restrict certain foods from your eating plan, which can result in nutritional deficiencies, because some raw foods don't contain large doses of certain key vitamins and minerals. Don't start a raw food detox diet without speaking to your doctor first.

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