

Published based on [Getting Rid Of The Fats As Well As The Toxic Compounds Fast](#)

# **Getting Rid Of The Fats As Well As The Toxic Compounds Fast**

Juice fasting is one of the quickest ways to lose weight. This is the process of only ingesting juices created from fresh fruits and vegetables. Naturally, this is not advisable and the process is always encouraged with the use of supplements and mental readiness.

[Juice fasting](#) will make you weak. As we learned since grade school, we require a balanced diet. But brides-to-be are using this to shed off the fats a couple of weeks to the wedding day. It will just take about 2 weeks to shed extra pounds.

When practiced without the appropriate amount of knowledge, juice fasting can be dangerous. Remember that fresh fruits may be healthy but these are sugar-laden.

Detoxification of the body is another reason for a person to start juice fasting. Juice fasting will cleanse the system. Unfortunately, it will also send you scrambling to the rest room a bit more often. Your system will get used to it rather quickly though and your trips to the rest room will become less frequent. You feel cleaner and lighter too.

There are a large number of juices that can be made in going through this diet and detoxification. This is because a fruit or a vegetable can be blended together in a great smoothie. You can mix two even ten fruits if you like. By then though, who knows what taste the mixture will give you.

If there is not a great deal of toxins in the body, undergo juice fasting for 3 days. That's sufficiently good to purify but it's not good enough to lose weight. However, there are hundreds of ways to lose weight. The best is eating healthy, the right amount of food, the right quantity of calories and exercise. You don't even need to be told this. It doesn't take a rocket science to figure this out.

This is real life, if you desire something really bad, you have to work for it. If you want to lose weight, work out and plan a diet program.

But for those who want to use juice fasting for detoxification, here are some of the best fruits and vegetables in terms of the vitamins that can be induced from them:

- a. Broccoli is rich in vitamins and minerals but is also full of protein. If undergoing juice fasting, this is an essential because of a protein. If you can't take the taste of broccoli, mix it with strawberries and peaches.
- b. Cabbage, aside from the basic vitamins and minerals, is also rich in sulfur compound. Cabbage taste great on its own.
- c. Orange and the pulp family, as already known, are abundant with vitamin C.

You can also find this article published on [Getting Rid Of The Fats As Well As The Toxic Compounds Fast](#), and on the tag pages [Diet](#), [food](#), [health](#), [juice fasting](#).