10 Deadly Detox Mistakes

And How to Avoid Them!

By Peggy Hall © 2012

Mistake #1: Not adequately preparing to begin the detox

This doesn't mean that you haven't done your grocery shopping! It means that you binge the night before, thinking, "I'm going to start eating healthy tomorrow, so I might as well eat whatever I want to right now."

This is deadly thinking because you are actually setting yourself up for a harder time with cravings and hunger. You're pushing your blood sugar to the limit and then allowing it to plunge.

Here's a better idea: ease into it more gradually by cutting back on coffee (one cup a day is fine), sugar, alcohol, meat, and processed foods.

In a hurry to feel better fast? Try my One-Day MiracleCleanse which is an easy, effective way to experience the benefits of a cleansing diet while still eating natural, wholesome foods.

Mistake #2: Forgetting to detox your mind and spirit, too

That means cutting back (best: eliminate all together) TV, magazines, the news, heated discussions, debates, etc. Give yourself a real break! Stress is as bad for your body as junk food. Let it go for now, please. An excellent way to support your mind and spirit is through meditation. Try my guided meditation for awareness or other my meditation CDs, available at www.PeggyHall.com

Mistake #3: Exercising too vigorously

Detoxing is a time to allow your body to rest, heal and repair. Leave the spinning classes, weight lifting and marathon running until after the detox. This is a time to rest. Your energy levels will go up and down, so rest accordingly.

It's a good idea to take a nap when you feel you need it. Do not underestimate how important this is. It could make the difference between a successful, easy cleanse and one where you're suffering unnecessarily.

When you sign up for any of my detoxing programs, you'll get a free online video where I take you though morning and evening gentle "yoga for detoxing" poses.

Mistake #4: Not exercising enough

While you're detoxing, take a walk every day. Also do some yoga and deep breathing. I have an amazing "Yoga Tummy Tuck" maneuver that you'll learn with my detox programs. This is based on an ancient yoga pose to tone the abdomen and flatten your

belly, without situps. This is the exact technique I used to shrink my waistline by two inches in a matter of weeks. You can do it too!

Mistake #5: Falling prey to the "one bite won't hurt" mentality

It's not the calories in the "one bite" – it's the hormonal reaction it sets off in your body. Insulin rises, shutting off the fat-burning hormones and setting you up for cravings. Plus, the mental aspect of letting yourself down is hard to overcome.

Set your mind to do the plan, no matter what – I know you can do it! You can email me at any time for moral support.

Mistake #6: Allowing yourself to get hungry

To avoid deadly the "one bit won't hurt" mentality, make sure that you don't allow yourself to get hungry. Consume everything that is listed in your detox diet. And drink my special **"Cravings Quencher Cocktail"** at any time. You'll get the recipe in my Ten Day Transformation program.

Mistake #7: Coming off the cleanse with the wrong foods

What you eat as you come off the cleanse is even **more important** than how you prepared for the cleanse. Your body is at its cleanest and will be highly sensitive to processed, artificial foods. Please proceed slowly. You'll learn exactly what to eat during the transition period as you end your fast. Trust me on this one – I learned the hard way and I want to spare you my extreme discomfort and embarrassment!

Mistake #8: Taking the wrong supplements

I don't want you wasting money – or worse – getting sick from taking inferior supplements. Too many people don't know that they're buying at the health food store or order something they saw online. I only recommend the supplements that I personally have used and brands that I trust. I don't sell them – so there is no hidden agenda for me at all.

My only goal is for you to learn how to help your body cleanse, heal and repair at optimal levels and at an accelerated pace. You'll learn exactly which brands I recommend taking and why. You'll also learn what I think about multi-vitamins and why you should avoid certain brands.

Mistake #9: Neglecting to do the detox body care

You may not realize it, but your skin is the largest organ of elimination and must be carefully tended to while you're detoxing. Neglecting to practice the body care can make the difference between your feeling great …or not. I'll explain exactly what to do and when to do it. Most detoxers love this part!

Mistake #10: Listening to naysayers who may try to derail you

Believe me, people are all too willing to give you their opinion when it comes to health and nutrition. Please, rely on your own instincts.

You are undertaking an age-old, proven approach to dramatically improving your health rapidly and safely. I have personally done the **Ten Day Transformation** several

times and I would not recommend it to you if it weren't safe and effective. Some people may be secretly jealous that they don't have the courage and discipline that you do.

The best thing you can do is set your sights on your own path and do not get into a discussion with people or try to convince them of its merits. Instead, you can direct them to www.MyThreeDayDetox.com or www.MyTenDayTransformation.com where they can read all the information and decide for themselves whether it's right for them.

I am so excited for you and can't wait to give you step-by-step guidance on my personally-developed, safe and effective detox program! Get started now at:

www.DetoxwithPeggy.com

Peggy Hall is not a medical doctor and the informationshe provides is for general informational purposes only and is not intended to diagnose, treat or cure any condition. Please check with your doctor before beginning this or any health program.