

LEGION®

THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

WHY YOU SHOULD STOP TRYING TO DETOX YOUR BODY



If you're having trouble losing weight and keeping it off...

If you're battling hunger and cravings...

If you want to "reset" your system after a period of poor health habits...

Or if you generally just feel like crap...

You might find yourself seriously considering some sort of "detox diet."

The more you look, the more cleanses and detox programs you find, with each one apparently better than the last.

The problem, however, is all of them are missing the forest for the trees.

While it's true your body is regularly exposed to a wide variety of toxic substances, and while some of them are particularly nasty and can accumulate in body fat, there's no evidence that trendy "cleanses" and "detox diets" help mitigate the damage or rid the body of toxins.

That is, yes, your body has a certain amount of harmful chemicals deposited in its fat stores, but no, drinking a bunch of lemonade for a week isn't going to do anything about it.

If you're struggling to lose weight or prevent weight gain, your problems have nothing to do with toxins.

There are really only a handful of reasons you're wrestling with your weight and the solutions are quite simple.

If your hunger and appetite feels out of control, you're probably under-eating, eating the "wrong" types of foods, or over-exercising.

Many people wanting to lose weight fall into the trap of eating too little and exercising too much, and this is a recipe for metabolic disaster. Their hearts are in the right place but their strategies are doomed to fail.

If you're feeling guilty about bingeing or under-sleeping or over-stressing or any other unhealthy escapades, there are much better ways to feel better than doing a "cleanse."

If you generally just feel crappy, it's time to take a serious look at your lifestyle, not cut back on sugar and caffeine for a week.

Let's face it: us Americans are fatter, sicker, and unhappier than ever and these trends are only getting worse and worse.

You have good reason to care about the toxins you're exposed to every day. I too err on the side of "playing it safe" when it comes to limiting intake of artificial ingredients and other chemicals.

I think we both just want to make good decisions now that will help us live a long, healthy, happy life that ends peacefully and naturally, not in an untimely, protracted, painful bout of disease and misery.

The problem, however, is the most important "good decisions" are the ones people avoid the most. You know...exercising regularly...eating a lot of nutritious foods...not smoking or drinking too much alcohol...minimizing drug and medication use...maintaining good sleep hygiene...managing stress levels...and so forth.

The "hard truth" is there are no shortcuts to vibrant health and longevity. You can't undo the effects of a destructive lifestyle with pills, powders, cleanses, or other "weird tricks." The only way out of the shit and into the sun is long-term habits.

If you want to feel and look great for the rest of your life, you need to commit to several things:

- ✓ Exercising your body several hours per week (resistance training is particularly important).
- ✓ Eating a lot of high-quality food with special emphasis on plenty of fruits and vegetables.
- ✓ Not smoking.
- ✓ Consuming alcohol in moderation.
- ✓ Avoiding dependencies on drugs and medicines.
- ✓ Maintaining good sleep hygiene.

Sit still for the majority of your waking hours, eat like crap, smoke and drink regularly, down a handful of pills every day, undersleep...and no amount of detoxes will save you.

WHAT ARE "TOXINS" AND HOW DOES THE BODY PROCESS THEM?

A toxin is a poisonous substance that you ingest or inhale. Most people think of just manmade chemicals as toxins but they abound in nature as well.

Caffeine and alcohol are toxins as are metabolic waste products produced by your cells. The atmosphere contains toxins like ozone and nitrogen dioxide. Natural sources of water contain a whole host of dangerous contaminants like arsenic, fluoride, mercury, and cyanide.

The point is your body is bombarded with toxins every day and if it didn't have an effective way to dispose of them, you wouldn't last very long. Fortunately, our bodies are well equipped to defend our health against poisons that make their way into our systems.

The first line of defense is the liver, which is the largest organ in your body. Its job is multifaceted: it creates, stores, and controls the systemic levels of various proteins and nutrients vital to life, and it clears toxic or unwanted substances from the blood.

Many detox products claim to clean the liver out as if it were a dirty sponge but, ironically, it doesn't store toxins (healthy livers don't at least). Instead, it transforms harmful chemicals into molecules that can be ejected from the body through channels like sweat, urine, and feces.

People make similar claims about "cleansing" your kidneys, but they're equally misguided. The kidneys have a similar role to the liver. They remove toxins and waste products from the blood, but they don't store them.

Another popular form of detox is the "colon cleanse" and like liver and kidney cleanses, it's more or less quackery.

So, you can rest easy and leave your colon unmolested, safe in the knowledge that it's not full of "mucoid plaque" or other forms of toxic sludge that threaten your health.

If you're having trouble with bowel movements, look into your fiber intake. Many people don't get enough in their diets.

DETOX DIETS AND WEIGHT LOSS

The strongest selling point for many detox regimens is rapid weight loss. Some people would do just about anything short of amputation to lose 20+ pounds in a month.

Here's the reality though...

A temporary "juice cleanse" or raw food diet or other form of restrictive eating usually entails taking in very few calories. This amounts to starvation dieting, which induces weight loss (of course), but comes with quite a few negative side effects.

First, most of the weight you initially lose when you eat very little is water and glycogen, not fat. This weight will return once you start eating normally again.

Second, severe calorie restriction also causes you to lose muscle, and the more severely you starve yourself, the more you lose. The goal is to lose fat, not muscle, and you simply can't do this when severely restricting your calorie intake.

Third, the longer you starve your body, the worse and worse you feel. Your energy levels crash, you struggle with hunger, cravings, and depression, and more.

Don't resort to such weight loss extremes. They're completely unnecessary.

Do your body a favor and lose fat the right way instead: mild calorie restriction, high-protein dieting, plenty of nutritious foods, and moderate amounts of exercise (optimally including resistance training).

THE BOTTOM LINE ON CLEANSSES AND DETOXES

Many people assume that consumer markets are far more regulated than they actually are.

Detox hucksters are well aware of this and take full advantage of it. They can't cleanse your body but they sure can cleanse your wallets.

They make signs of needing a detox intentionally vague and expansive—fatigue, depression, trouble losing weight, food cravings, and so forth.

Steer clear of all this type of nonsense no matter how sexy the marketing claims and you'll be better for it.

Instead, opt for the only "detox" method supported by science: healthy living. And you won't find that by swallowing a bottle of herbs or shooting a bag of coffee up your ass every day.

Eat nutritious foods, move your body, get enough rest, stop smoking, limit your alcohol use, and stay away from drugs as much as possible. There's the real Master Cleanse.

Real science. Real supplements. Real results.
Get the results you want when you shop our line of bodybuilding,
pre-workout and weight loss stacks and supplements.

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