



# The Hot Detox Plan: Cleanse Your Body and Heal Your Gut with Warming, Anti-Inflammatory Foods

*Julie Daniluk*

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## **The Hot Detox Plan: Cleanse Your Body and Heal Your Gut with Warming, Anti-Inflammatory Foods** Julie Daniluk

Are you ready to eat hot, comforting foods; feel a warm, happy glow; and look hotter than you have in years?

*The Hot Detox Plan* is an incredible tool that has the potential to truly transform your life. Whether you have a skin disorder, allergies, belly bloating, or irritable bowel syndrome, this tool works by taking stress off your digestive system until it is restored. It incorporates foods that heal and avoids foods that can potentially be harmful.

In the past, detoxification was traditionally done in the spring and fall when temperatures were moderate and fresh greens were plentiful. However, the popularity of New Year's resolutions in January pushes many people to want to cleanse in the heart of winter. But this goes against common sense. In the winter, we need to keep our fires burning to cope with a cooler climate. When it's cold outside, a standard "cold" detox program of smoothies, juices, and raw salads does not support you, and may even cause you to feel run down, slow your metabolism, or aggravate a digestive condition. (Case in point: Have you ever started your day with a frozen banana smoothie and ended up feeling bloated and tired by noon?)

*The Hot Detox Plan* is a deep cleansing program that serves up a delicious, warming menu with anti-inflammatory remedies that spark digestive vitality. You can have delicious healing food in a balanced approach over the course of 3, 10, or 21 days instead of a crash diet or fast that will leave you jonesing for sugar. *The Hot Detox Plan* embraces the ancient wisdom of India and China, applying the time-tested intelligence of warming up the body's core. Inspired by hot yoga practices, this detox will switch up your routine and motivate you to try new exciting combinations. Whether you live in a warm or cool climate, utilizing the heat of a warming diet is the key to alleviating many common concerns such as IBS, low immunity, hormone imbalance, and chronic pain. Even for those who live in a warm climate, have a hot constitution, or suffer from an inflammatory condition such as rheumatoid arthritis, the cooling superfoods recommended in this book will balance the menu and ensure great results for everyone.

The Hot Detox Plan is a soul-satisfying, 5-step detox plan that uses metabolism-boosting spices and hearty recipes to reduce bloating, heal digestion and reset your vitality.

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