

UNCOVERED -
**The Absolute Truth about
Detox Foot Pads and Weight Loss!**

**Get a Lowdown on Detox Foot Pads
Before You Waste Another Cent on Them!**

UNCOVERED

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Detoxification is something that is very important to the body, but it is something that isn't understood well. Centuries ago, health masters in the East understood the importance of balancing and detoxifying the body. It's something that Western medicine is only beginning to understand.

Because detoxification is becoming so popular, it's easy to understand why there is a lot of misinformation out there on its benefits and how to accomplish the process. Money-hungry manufacturers of health products aren't making the issue any less confusing.

If you've heard of detoxification and are confused about the conflicting messages out there, this report is for you.

Chapter 1: Why is detoxification important?

Detoxification is a process by which you'll remove the toxic elements from your body in order to restore your health. Your body undergoes a lot of wear and tear throughout your day to day life. Toxins and free radicals are affecting your organs, your skin and your overall well being on the inside and on the outside.

During the course of your normal daily life, you could be exposed to harsh chemicals through your work environment. You could be ingesting harmful ingredients in your food. All of these elements working together can cause a very toxic environment in your body.

Things like cigarettes, acidic foods, caffeine, junk food and soda are all harmful to your health. If you are consuming these things on a consistent basis, you are harming your body on several levels. All of these elements build up in your system over time and can cause a whole host of problems including weight gain, memory problems and immune system issues.

Detoxification is a natural process that the body accomplishes all on it's own under normal circumstances. However, when you have a poor diet and a stressful lifestyle your body isn't able to cleanse your system properly.

If your body is not able to do its job properly, you can take steps to help your body heal itself.

Detoxification can:

- Improve your immune system function
- Eliminate free radicals from your system
- Improve your ability to fight off cancer cells
- Cleanse out congestion and mucous from your body
- Purify your blood
- Help you break your addiction to sugar, salt, alcohol and junk foods

Detoxification is slowly being acknowledged by modern medicine, but there are still skeptics out there. In this report, we'll go over the most popular detoxification products in addition to some more natural methods of detoxification that will help you lose weight and get the rest of the benefits from detoxification.

Chapter 2: How Detoxification Leads to Weight Loss

One of the main reasons why you should look to detoxify your body is for weight loss. In fact, because weight loss is such a good side benefit of detoxification there have been a lot of products and diets to come out recently that claim they will help you with detoxification and weight loss.

The detoxification process seems like a complete contradiction to the way people normally lose weight and get healthy. Unlike diets where you count calories, a detoxification plan encourages you to eat certain foods that will help your body gently get rid of toxins and other problematic elements in your system. As you change your diet to include these new foods, your body will begin to get rid of what doesn't serve it anymore.

Depending on your lifestyle, there may be just a few things causing problems in your system or there could be a large amount of "junk" clogging up your body's normal processes. Here are some of the elements that can be eliminated from your body through detoxification:

- Artificial sweeteners
- Pesticides
- Preservatives
- Artificial colors

These elements can cause you to gain weight because they inhibit your liver. It's primarily your liver's job to filter out harmful chemicals in your body. If you are bombarding your system with harmful chemicals each day, your liver gets overtaxed and doesn't work as efficiently.

If this were any other organ this wouldn't make you cause weight, but your liver is also responsible for metabolizing fat. If your liver is overtaxed from the large amount of chemicals and non-foods that you are eating, your body will store fat more quickly. Your body will also be unable to use the excess fat that you store as energy. As a result, you'll not only gain weight but be unable to shed your weight effectively.

When you understand this process, it's easy to see why a toxic diet can cause weight gain. When you take the time to detoxify your body, your organs will be able to efficiently use the energy that you eat during your meals. You'll naturally start to lose weight because your liver will be processing your food correctly and not storing all of the calories as fat.

However, the key is in finding the right type of detoxification method that will work for you and keep your body healthy.

Chapter 3: Do Detox Diets Work?

Since detoxification can help your weight loss efforts, it's only natural that lots of manufacturers are out there claiming that specific Detox diets are what you need to restore your good health. If you've spent any amount of time researching detoxification, you've probably been overwhelmed with information about detoxification diets. You may be wondering if they are worth your time and money.

There are tons of products online and in health food stores that promise that you'll receive detoxification benefits by taking pills, powders or other supplements. You can save your money and leave these products on the shelves.

It's not that detoxifying the body is a bad idea; it's just that you don't need to pay through the nose or starve yourself in order to have detoxification effects. Later on in this report you'll learn some simple techniques for detoxifying your system safely and effectively.

Overall, health experts agree that eating better and drinking more water is all that you need in order to detoxify your body. The concept that you need to take fancy pills or powders in order to Detox is nothing more than an empty promise by manufacturers that want to make money off of your fears.

Here are some common Detox diet scams that you should avoid:

- The Master Cleanse Detox diet (starving yourself for five to ten days with a variation of lemonade)
- Carbohydrate blocking pills
- The Fruit Flush plan (eating nothing more than fruit and protein drinks)
- Colon cleansing pills -Intestinal drawing formula

There are tons of other plans and products that claim that they will help Detox your body. Later in this report, you'll learn the truth about detoxification. It's a lot simpler than money hungry manufacturers would have you think.

Chapter 4: Do Detox Foot Pads work?

Second to detoxification diets, Detox foot pads are one of the most popular detoxification products promoted by unscrupulous manufacturers. These have been heavily marketed online and on television. According to manufacturers, foot pads will draw out the toxins from the bottom of your feet.

When you place the pads on your feet at night, special ingredients in the pad can draw out toxins and other harmful elements from the body...or at least that's what manufacturers claim!

The foot pads work using the principles of reflexology. According to reflexology, there are points on the bottom of your feet that correspond to all of your major body systems. When you treat the bottom of your feet, you can supposedly treat the rest of your body as well. The pads cover the soles of the feet and cover the portions of the foot that correspond to major bodily systems.

The first flaw in the logic behind a foot pad Detox is the role of our skin in detoxifying the body. Although some nutrients pass back and forth through the skin, heavy metal deposits and other toxins cannot get into the body through skin. If they can't get in, there's no way that they are going to be able to get out by simply wearing pads on your foot at night.

The second flaw is in their design. If you've seen the commercials for foot Detox pads or watched videos of the Detox pads, you'll notice that after using the pads the surface of the pads turn dark. This is supposed to be an indicator that they are working to remove toxins from the body.

Most are made from Tourmaline, which is a stone that produces negative ions and bamboo vinegar which is supposedly going to help your body eliminate toxins through the skin.

The color change that is seen after wearing the patches is a result of the ingredients themselves. The bamboo vinegar is dried and placed into the foot pad along with all of the other ingredients. When the bamboo vinegar is exposed to moisture, like the sweat from your feet at night, it returns back to its liquid form.

When your feet sweat at night, the vinegar changes colors and as a result, the pads appear dark when you take them off in the morning.

However, if you haven't done the research it might seem like the foot pads are doing their job. To help educate you on the true nature of this product, here are three case studies of the most popular types of foot pads that are available.

Chapter 5: Case Study #1: Kinoki Detox Foot Pads

These foot pads have been heavily advertised on television and online heavily. In the past several months Kinoki foot pads have been the object of media scrutiny and online discussion. They were even featured on an episode of the American television show "20/20."

-How it Works

The manufacturer of Kinoki foot pads claim that they work by pulling toxins and other harmful ingredients out of your body through your feet. According to their marketing materials, the pads use "Ions" in order to make your body healthy.

At nighttime, users are supposed to place the pads on each of their feet. They should rest for 8 to 10 hours for best results. In the morning, the foot pads will be removed. Users are supposed to use them for at least a week in order to completely remove toxins from their body. In addition to removing toxins, Kinoki foot pads are supposed to also remove parasites, mucous, chemicals and cellulite.

There are several ingredients in the Kinoki foot pad that are supposed to be good for detoxifying your body. The ingredients included are bamboo vinegar, chitin, tourmaline and assorted Chinese herbs. These ingredients have not been scientifically proven to have any benefit when it comes to detoxification.

-Do Kinoki Foot Pads Work?

At the time of this writing, the official website of the Kinoki foot pads has been taken off the web if that gives you any indication of their effectiveness. If you search online for reviews, you'll find scores of people who were ripped off by this company and who wasted their money on a product that does not work.

In the "20/20" report, they were exposed to be a scam with clinical tests that showed that there were no heavy metals or toxins in the pads after wearing them. The pads basically amount to an expensive vinegar patches.

Chapter 6: Case Study #2: Dr. Group's Detox Foot Pads

Dr. Group' Detox Foot Pads may be less well known than Kinoki foot pads but they operate by much of the same principles. The manufacturers claim that when you use Dr. Group's Detox foot pads they will remove harmful chemicals and heavy metals from your system.

-How it Works

Dr. Group's foot pads differ from other foot pads in that they use organic ingredients. According to their website, they are the world's only Detox pads that are designed for chemical, toxin and heavy metal ions.

Like other Detox pads, Dr. Group's pads claim to use reflexology points to draw out toxins from your system. The pads stimulate the surface of the bottom of your skin to release toxins. In addition to wearing the foot pads, you can also increase your detoxification benefits from the pads by stimulating acupressure points on the bottom of your feet before applying the pads.

To use the pads, you need to remove the backing sheet from the pad. Apply the pads to the bottom of both feet just before going to bed. Leave the foot pads on while you sleep (preferably for 8 to 10 hours). In the morning, you'll see that the pads have turned darker. According to the manufacturer, the more you use the pad, the lighter they will be in the morning. This is evidence of the pads taking toxins out of your body.

You should use the pads once per week for the whole night. Make sure to drink lots of purified water throughout the day to help your body eliminate toxins. The pads may need to be worn for up to 12 months depending on the level of toxins in your body.

-Does It Work?

Although there certainly is a lot less bad press about Dr. Group's foot patches than Kinoki foot pads, the results aren't exactly outstanding. Although some people claim that they do see results after continued use, there is no scientific evidence that they are actually eliminating toxins from their body. At \$35.95 for a five night supply, it will cost you a bit to test these pads out for yourself.

Chapter 7: Case Study #3: Cleanse Patch

-How it Works

Like the other types of Detox foot pads, Cleanse Patches promise to remove heavy metals and toxins from your body when you wear them on your feet at night. According to the product description, you are supposed to wear the pads each night for five days in a row. Each box of the pads comes with 10 pads, a 5 night supply, for \$49.99.

The active ingredients in Cleanse Patches are organic Agaricus mushroom, organic tourmaline and organic eucalyptus sap powder. These ingredients combine together without fillers in order to have a deep cleansing experience, according to the product's website.

-Does It Work?

Although the manufacturers of cleanse patches claim that only their product has this unique blend of Detox ingredients, these patches offer no better results than any other foot patches on the market. The claims made on the product's website are quickly refuted by learning about the science of detoxification and the truth about how the detoxification works.

Chapter 8: Do You Really Need Detox Diets and Foot Patches?

Now that you know some of the facts about Detox diets and foot pads you probably realize that you don't need these products in order to detoxify your system. These products are completely unnecessary. They are a waste of your money and in some cases, can actually be harmful to your health.

A lot of the reasons that people use detoxification products simply can't be achieved. Many people think that weight loss is a natural result of detoxification. While you can lose some weight while on a detoxification diet, you will likely gain the weight back once you go to your normal form of eating.

They think that detoxifying their body would help kick start their weight loss, but in reality it creates poor eating habits and sets you up for a metabolic roller coaster. Unless you make lasting changes in your body, you won't keep the weight off. Another main reason people seek out detoxification is to clean out the digestive system.

According to the proponents of detoxification, you need special pills, powders or foot pads to rid your gut of old food particles, parasites and toxins. These effects can be achieved by eating more fiber and drinking more water.

You don't need to buy expensive products and you don't need to use harsh methods to detoxify your system.

Chapter 9: Free and Natural Ways to Detoxify Your Body

As previously mentioned, detoxification has benefits but it shouldn't be expensive or complicated to achieve. If you follow these free and natural methods listed below, you can achieve gentle detoxification that will help you lose weight and be healthier.

-Remove toxin producing foods from your diet

Certain foods and drinks are known to wreak havoc on your system and make you gain weight. Fast food, artificial sweeteners, caffeine and high fat foods are all clogging your system.

You can take your first steps to better health by eating fresh, whole foods prepared at home. Find substitutes for your favorites, like herbal tea in place of coffee or stevia for sugar.

-Drink lots of water

No beverage is better for you than water. Water is the ultimate detoxifier. All of your major organs require water to function properly, especially your liver. If you aren't drinking at least as many ounces as your body weight each day, you aren't drinking enough. For example, if you weigh 190 lbs, you should drink 190 ounces of water per day.

When you first start drinking this much water, you are going to feel like you are going to the restroom way more than normal. This is perfectly normal. Your body is just getting used to the level of fluid in your system. After a week to ten days, your body will adjust.

-Make the switch to wheat instead of white

White flour products (like bread and pasta) are full of empty calories. They use flour that has been bleached to appear white. Since you know that bleach is harmful to your health, it's best to skip these products entirely.

-Eat instead of starving yourself

Many Detox diets are actually starvation diets. Above all, you should keep eating on a detoxification plan. You can do a modified fast by eating only raw foods for a few days and drinking water with lemon. A plan like this can help you start your healthy eating plan right without putting your metabolism into shock.

-Choose organic fruits and vegetables

Many conventional fruits and vegetables are treated with pesticides and chemicals that aren't good for your body. Try to buy organic foods as much as possible.

-Add cleansing foods to your diet

In addition to eating organic fresh foods whenever possible, there are also additional foods that you can eat that will boost your health. Lemons, virgin olive oil, virgin coconut oil and apple cider vinegar can help your body rid itself of harmful toxins.

-Get out and sweat

Although heavy metals can't be detoxified through food pads, you can boost healing and eliminate harmful toxins from your system by sweating. Gentle aerobic exercise and Bikram yoga (yoga in a heated room) can help your body eliminate harmful agents and help you lose weight.

In short, detoxification has its benefits but you have all the power within your hands to get those benefits. Your body already has a detoxification system in place. You just have to support your body by giving it the right nutrition in order to get the detoxification you need.

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