

# CLEAN INSIDE OUT

## EVERYDAY DETOX FOR BODY & MIND

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# When Your Body Asks for a Reset

Bloating, fatigue, brain fog—even with a good diet—are signs your body needs support.

## What's going on:

- Your body detoxes daily through liver, kidneys, skin, and lungs
- But pollution, processed foods, and stress overload it
- Supporting detox isn't a trend—it's a necessity in today's world

## Mini Tasks:

1. Note one symptom you've felt recently (e.g., bloating, dull skin, foggy mind).
2. Drink 2 extra glasses of water today to help your body flush toxins.

# The Hidden Toxins Around You

Modern life exposes teens to toxins from food, air, plastics, skincare, and tech.

## Examples:

- BPA in bottles and canned food
- Air pollution and chemical-based personal care
- Additives in snacks, dyes in drinks

## Mini Tasks:

1. Check one food label today and note an ingredient you can't pronounce.
2. Switch to a glass bottle or steel tiffin for a day.

# Ayurveda's Gentle Cleansing

Ayurveda teaches simple, daily detox strategies that don't feel extreme.

## Suggestions:

- 12–14 hour overnight fast to rest digestion
- Spices like turmeric, ginger, coriander aid cleansing
- Triphala at night improves elimination and skin clarity

## Mini Tasks:

1. Avoid food after 8 PM today and track how your body feels in the morning.
2. Add ginger or cumin to your lunch and observe digestion.

# Science-Backed Detox Tools

Modern research supports many ancient detox methods.

## What works:

- Intermittent fasting triggers cell clean-up (autophagy)
- Broccoli, kale, and leafy greens activate liver detox
- Drinking 2–3L of water improves kidney and skin health

## Mini Tasks:

1. Add 1 cup of leafy greens to your next meal.
2. Track your water intake today—aim for 8-10 glasses.

# **Mental Detox is Real Too**

Your mind stores clutter like your body. Screens, stress, and negative thoughts build up without you noticing.

## **Cleansing your mind:**

- Digital breaks lower stress and improve focus
- Meditation clears mental overload
- Journaling increases clarity and calm

## **Mini Tasks:**

1. Take a 30-minute screen break today (no phone, no laptop).
2. Write down 3 thoughts that are stressing you and one way to release them.

# Keep It Light, Keep It Real

Detox isn't about extremes—it's about small habits that help your body and mind reset.

## Daily practices to start:

- Hydrate, eat clean, and sleep early
- Use spices and fiber to support digestion
- Take quiet time for breath, nature, or reflection

## Mini Tasks:

1. Plan one “clean” meal tomorrow: seasonal veggies + water + herbs.
2. Sit in silence for 5 minutes today and just breathe deeply.

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# ABOUT THE AUTHOR



Shveta Prakash is a lawyer turned entrepreneur from university of Cambridge who started guiding students in free time but with successful results started this venture. As an experienced educational coach and consultant, she assists students from class nine to postgraduate levels with foreign admissions. She has worked with the National Commission for the Protection of Child Rights on educational policies and has been a top performer in both law and business. Her expertise in business and education has helped national and international students in personality development, building holistic profiles, and achieving academic excellence. She is dedicated to helping students secure admissions to their dream colleges.