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# 10 Innocent Signs That Your Body Is Flooded With Toxins

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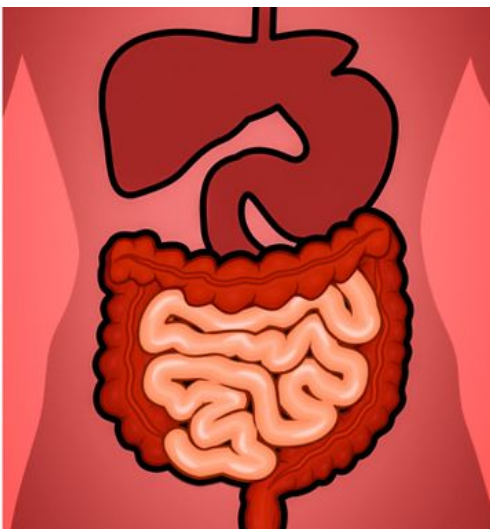
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Toxins are present everywhere around us, be it in the air we breathe, the water we drink, or the food we eat. Even your favorite smartphone is a filth farm, teeming with enough bacteria to make you seriously ill. Everyday toxins are getting accumulated in our body, and if it reaches a tipping point you might get severely sick.

To help you realize that it might be time to detox, **Bright Side** compiled a list of symptoms that indicate a toxin overload in your body. To learn how to detox, read the bonus section at the end.

You suffer from constipation.



When we eat food, we are also inadvertently consuming a lot of chemicals that come with it, such as preservatives, colorants, and artificial flavoring. The intestines that are tasked with digestion also have to face the flak of these toxins. This [toxin](#) buildup can lead to an upset stomach and constipation.

Eating organic food, limiting alcohol intake, and drinking plenty of water should help resolve the problem.

You have brain fog.



Better Health Is Just A Hair A

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## 22 Pictures That Show Nature Nothing More Than a Creation



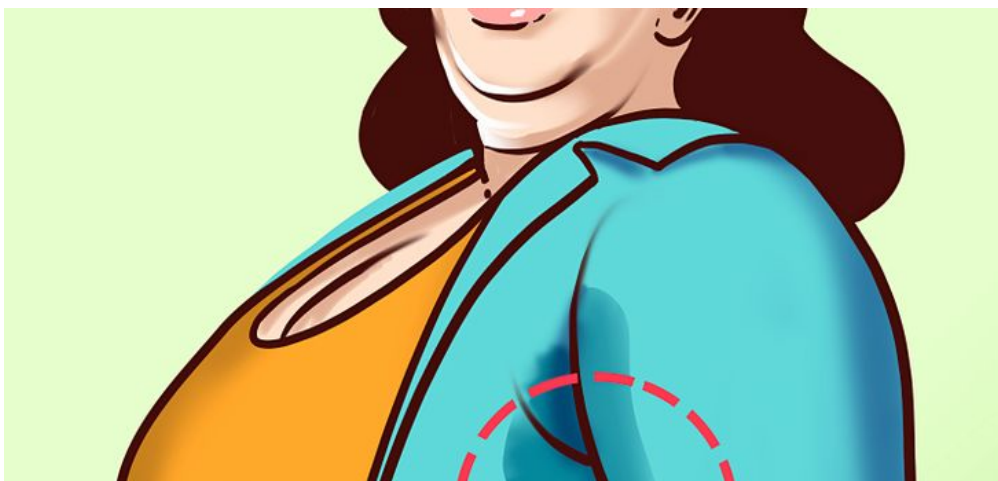
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If you feel dizzy, confused, and are unable to concentrate even in the morning after a good night's sleep, harmful [toxins](#) could be messing with you. These toxins cause a series of reactions that dry up the essential vitamins and minerals the body needs to function. It's something similar to what happens when you put bad oil in your car.

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Deodorants don't help and you still feel stinky.



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😊 14 🙄 1 ☆ 21 💬 3

### 24 Split Tattoos That Are Po Poetry for the Eyes



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### French Artist Travels the W and Brings Boring Streets f With His 3D Graffiti



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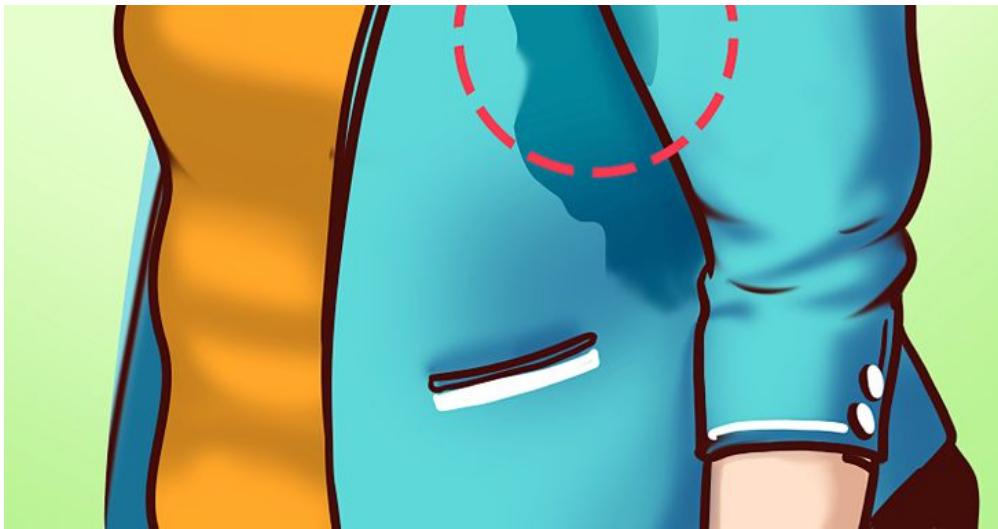
### 20 People Shared Pics of T Talented Pets That Hollywo Crying For



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### 25 Pictures That Prove the Around Us Is Still Full of M





You took your morning shower, applied deodorant, and yet in the subway people twitch their nose when you come close to them. You guessed it: toxins might be making you [stinky!](#) These toxins, when digested, produce gases and odors which while escaping through your bodily pores can give you an odor that might rival the most fetid fart you've ever experienced.

Aching joints and muscles are running you down.



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If you haven't pushed yourself at the gym or done some physically tiring work, but you still have muscle and joint pain, toxin buildup might be the reason. Body aches and pains are indicators that you could have unchecked [inflammation](#) in your body, so if you have no other reason for the inflammation, try detoxing.

New blemishes appear on your skin.



😊 10 😞 2 ☆ 46 💬 1

### Halle Berry's Skin Guru Shares Tips on How to Look Ageless



😊 17 😞 1 ☆ 28 💬 -

### 19 Perfectly Timed Pictures Offer a New Perspective on Ordinary Things



😊 18 😞 2 ☆ 14 💬 4

### 18 People Who Decided to Up Their Style and Totally

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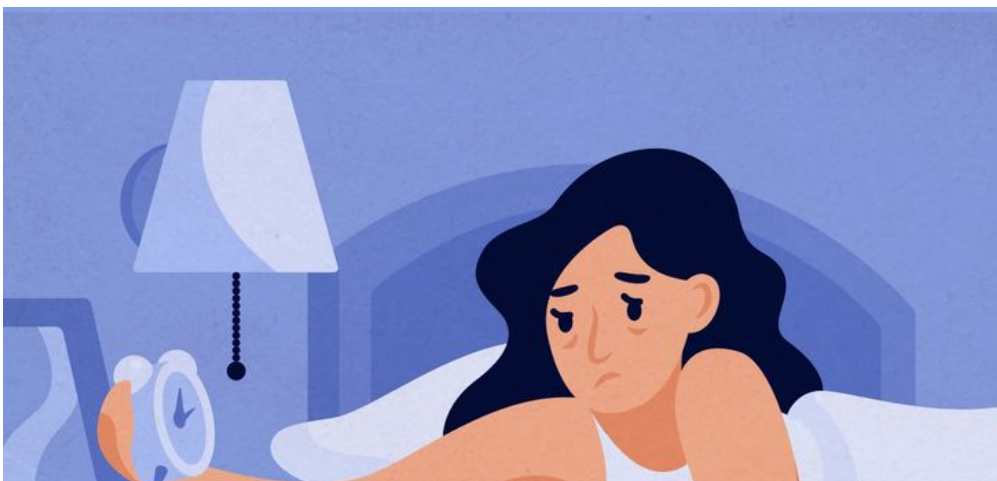
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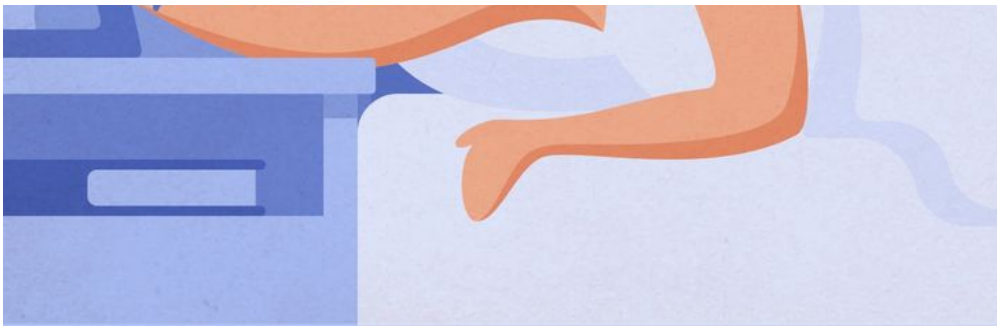
Skin is the largest organ in our bodies and is often exposed to pollution. Also, products such as shampoos, conditioners, soaps, and lotions that we use can contain harmful chemicals. Exposure to so many toxic chemicals can lead to symptoms such as [acne](#), rashes, and eczema.

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Falling asleep is getting harder.

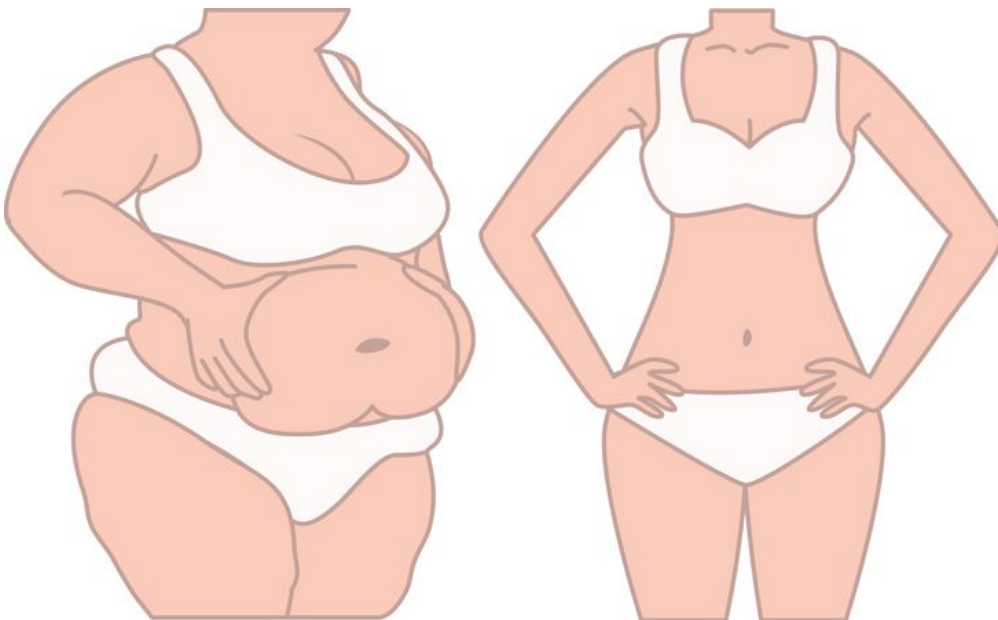




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On one hand, toxin buildup makes you feel exhausted and on the other, making matters worse, can spoil your sleep. High amounts of toxins in the body can cause the level of the sleep-controlling hormone [Cortisol](#) to go awry, thereby negatively impacting your sleep. Insomnia can lead to severe health issues, so if you think that falling asleep is getting harder, consider doing a detox.

You're packing on the pounds.



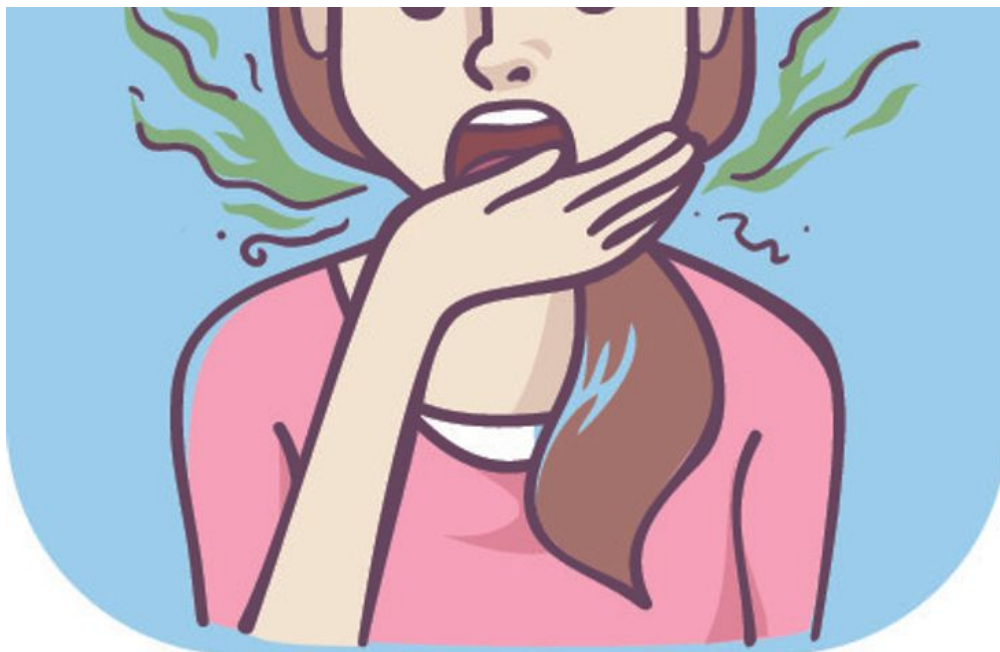
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Despite all the great workouts you're doing at the gym, if you still keep putting on pounds, maybe there is something wrong with your hormones. Toxins can adversely impact the level of certain [hormones](#) in the body, including those that are responsible for maintaining weight. Switching to a healthy organic diet and getting a thorough detox should help.

Your breath smells bad even to you.



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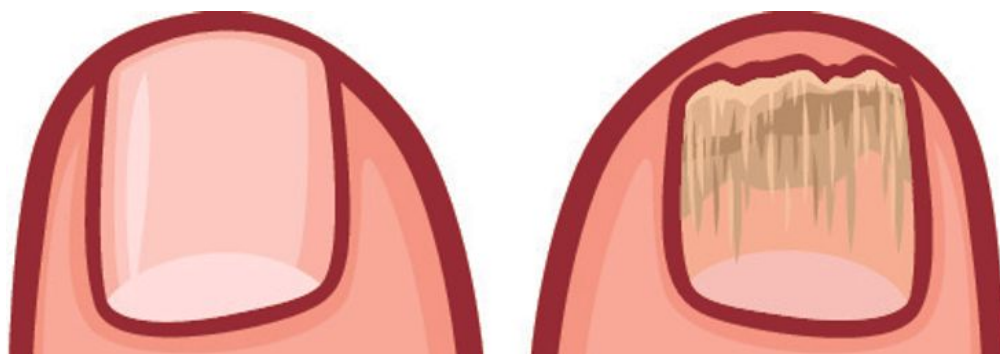


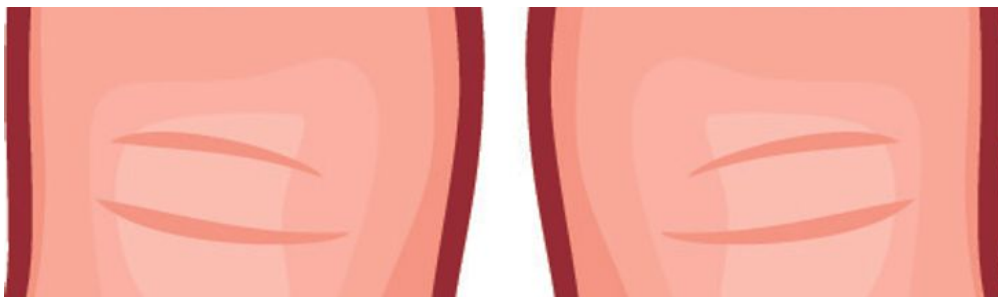
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Bad breath is usually a symptom of [digestive](#) problems. It occurs when your digestive system has to struggle in order to digest all that you eat. But digestive problems can also occur when your liver fights to cleanse all the accumulated toxins. Getting rid of the toxins is the only way for you to tackle this problem.

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Your toenails are brittle and look ugly.





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Gravity pulls the toxins down your body, and your toenails can be the ones that suffer. Toes, for a large part of the day, remain inside dark socks and shoes, an ecosystem that fungus loves. These combine to make the [toenail](#) a hotbed for fungus growth. While there are prescribed pharmaceutical applications to deal with it, treating it from the inside by detoxing is the holistic way to go.

You are losing your hair faster.



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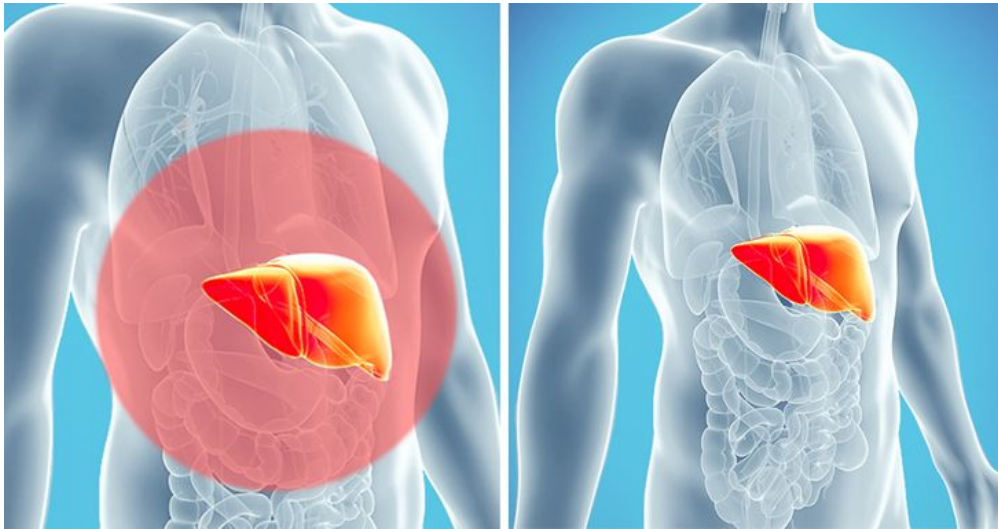
Hair loss is not a symptom of toxic overload caused by everyday toxins. It can be the handiwork of more sinister toxins like [arsenic](#), lead, and thallium (found in cigarette smoke) among others, which can even be lethal. So do not take hair loss lightly and rush to your doctor.

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3: How



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If you find yourself experiencing one or more of the conditions described above, going through a detox might be a good idea. While there are more complex detox procedures available, making some simple lifestyle changes might help as well.

- Drink ample amounts of water; it helps [flush](#) toxins out.
- Toxins wreak havoc on the liver. To keep the liver strong, drink dandelion tea or add parsley, cilantro, or milk thistle to your meal.
- Practice yoga. It improves bodily circulation and helps to get rid of toxins.
- Brush your teeth at night after dinner. And don't forget to use a tongue scraper too.
- Eat only clean, whole, and organic foods.
- Add probiotics to your diet.
- Use only natural cosmetic products that are free of fragrances and other toxins.

Has a friend of yours discussed in private with you about similar problems? Share this article with them! And if you have experienced them yourself, you now know what might be the cause. Share your detox experience with us in the comments.

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Illustrated by Daniil Shubin and Anna Syrovatkina for Bright Side

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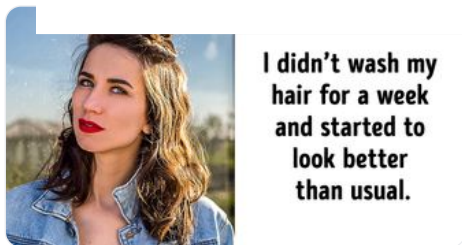
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### How I Decided to Stop Washing My Hair for 7 Days and Managed to Look Good



### Scientists Explain What Happens to Your Body When You Gain a Few Extra Pounds



### 12 Ways to Lose Weight Without Giving Up Your Favorite Foods



😊 8   😞 -   ☆ 12   💬 5   👁 79k

### 19 Amazing Tattoos That Mean the World to Their Owners



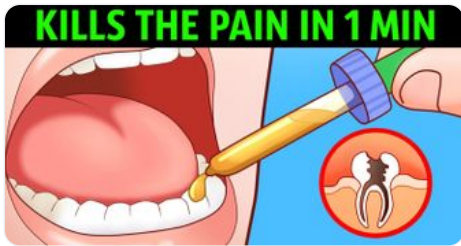
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### 15 Fat-Burning Foods to Fire Up Your Weight Loss



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### 6 Tips From Harvard Psych Who Studied What It Takes to Raise 'Good' Kids



4 - 32 - 169k

### 8 Home Remedies to Kill a Toothache



- - 45 - 133k

### 15 ways to turn ordinary rope into a designer item



- - 76 - 1

### 15 Ingenious Tricks for You



- - 14 - 10k

### 4 Reasons to Ditch the Bra for Healthier Breasts



5 - 3 - 6k

### A Village Plants 111 Trees Every Time a Girl Is Born, and Now They Have a Whole Forest



8 - 2 - 73 - 4

### 8 Body Wraps That Can He Sculpt Your Body Like Clay



- - 17 - 445k

### These 10 Jobs Make You Gain Weight



6 - 36 - 15k

### What Can Happen to Your Body If You Start Eating Honey Before Bed



- - 14 -

### How I Fought Corns, Callus Cracks on My Heels With H Remedies



- - 158 - 1102k

### 10 Uses of Aspirin Proving There's More to the Old White Pill Than We Used to Think



19 - 1 - 62 - 4 - 840k

### 18 Signs That Can Help You Understand Your Baby Better



4 - 35 -

### 8 Fast and Cheap Ways to Clean a Kitchen Sink Drain



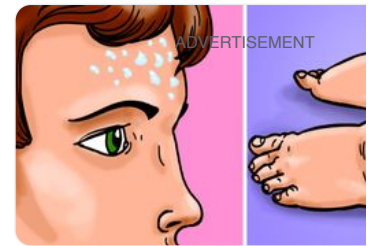
😊 14 😞 3 ☆ 76 💬 8 👁 17k

### 5 Homemade Recipes With Coffee to Awaken Your Natural Beauty



😊 19 😞 - ☆ 59 💬 4 👁 36k

### 12 Foods That Can Harm You If You Eat Them at the Wrong Time



😊 6 😞 1 ☆ 22 💬 1

### 12 Health Conditions That Disguise Themselves as Other Diseases



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### 10 Plants That Create the Perfect Microclimate at Home



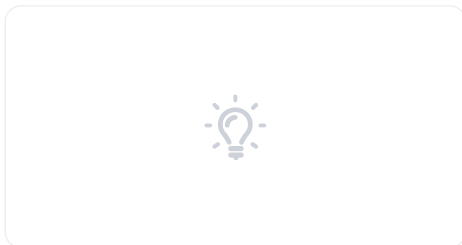
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### 16 Facts About South Korea That Foreigners Have Never Heard Of



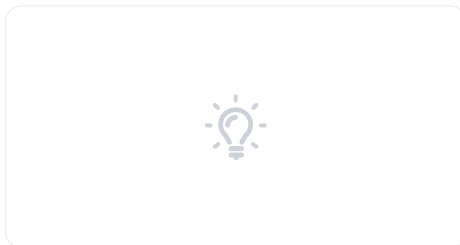
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### Reduce Stress, Defeat Boredom and Sharpen Your Mind With an Ancient Chinese Technique



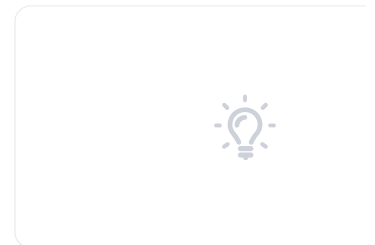
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### 11 Harmful Things We Do Every Day Without Realizing It



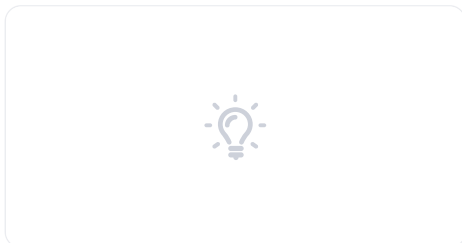
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### 10 Foods That Speed Up Aging and Make You Look Older



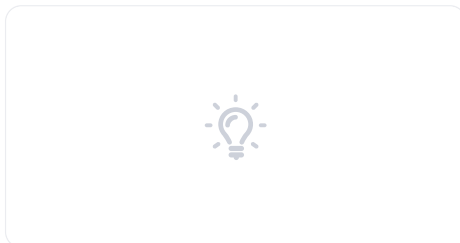
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### 15 Harmful Things You Might Be Doing to Your Skin



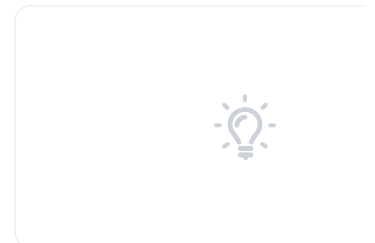
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### 6 Clever Ways to Bring Your Leather Stuff Back to Life



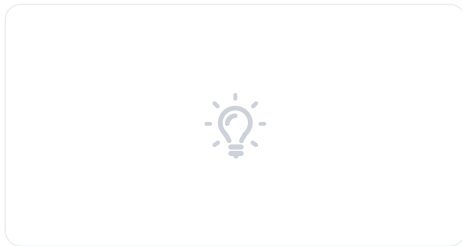
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### 10 Fast Ways to Get Rid of Calluses and Get Baby Soft Feet



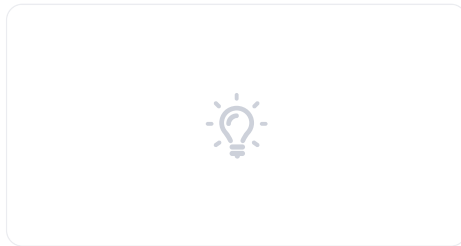
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### 12 Daily Habits That Harm Your Health Little by Little



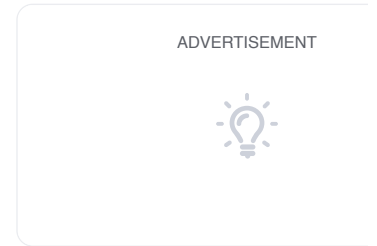
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### Doctors Share a Belly Map That Reveals What Can Make Your Stomach Hurt



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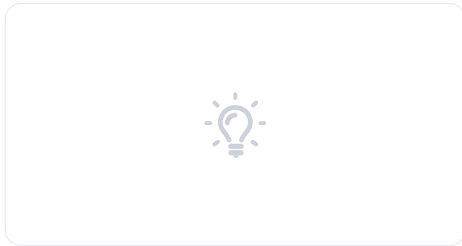
### 12 Little-Known Ways You Can Use Hot Water Bottles



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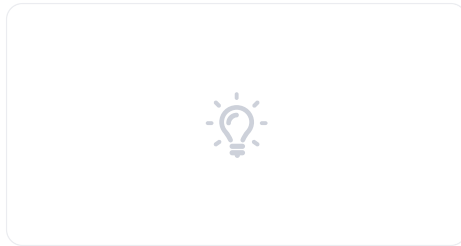
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### 11 Ways You Might Be Treating Your Dog Wrong



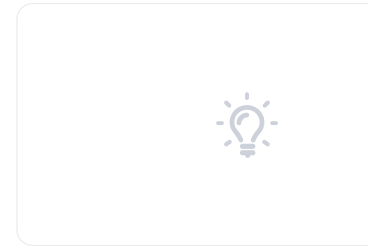
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### 7 Bedtime Mistakes That Make Us Gain Weight At Night



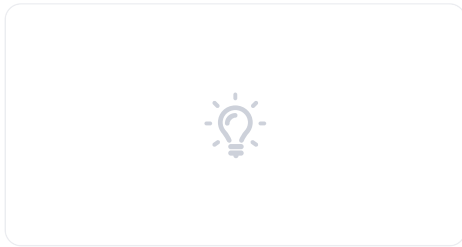
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### 6 Warning Signs That Show a Stroke Is Coming, and It's Really Important to Know Them



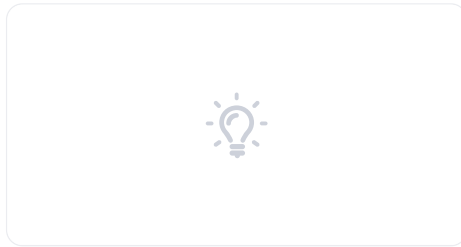
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### 15 Simple Ways to Make Your Life Last Longer



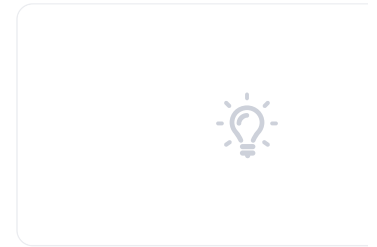
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### Why a Maternal Grandmother Is So Important for a Child



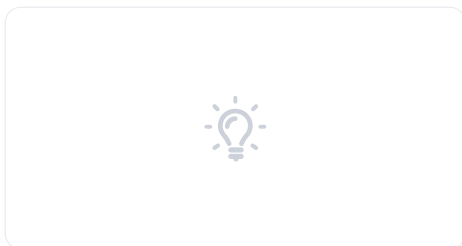
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### 10 Home Remedies to Treat Fresh Wounds All Over Your Body



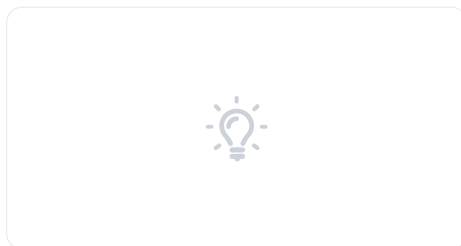
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### How Long Different Foods Take to Digest and Why It's Important to Know



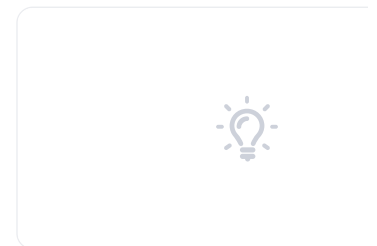
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### 6 clothing tips to emphasize your booty



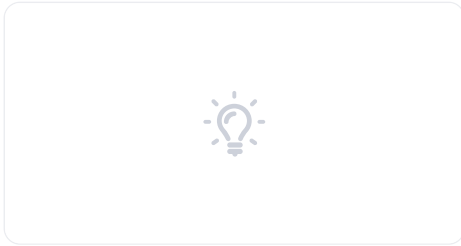
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### 13 Things That Can Happen to Your Body If You Start Eating One Cucumber a Day



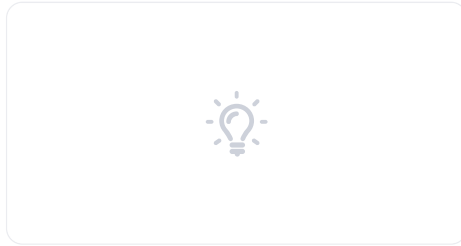
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### 7 Tricks to Help You Lose Fat Faster



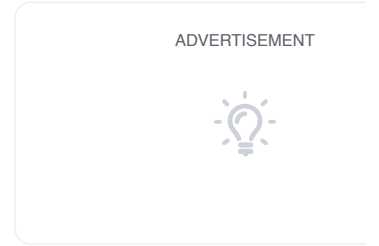
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### 10 Home Remedies to Remove Cracked Heels and Get Beautiful Feet



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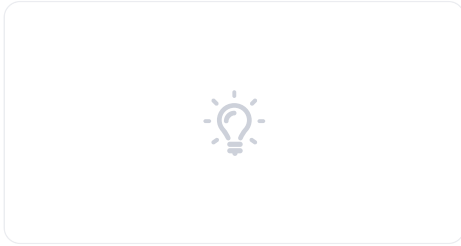
### 4 Health Issues That Sock Marks May Signal



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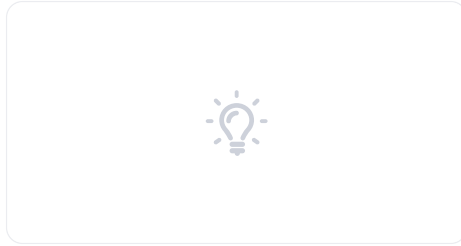
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### 20+ Photos That Can Melt Most Frozen of Hearts



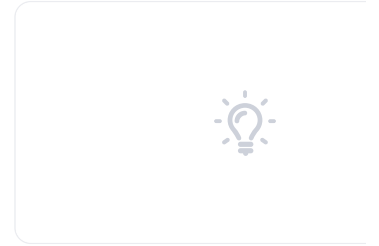
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### 8 Things Your Lips Are Trying to Tell You About Your Health



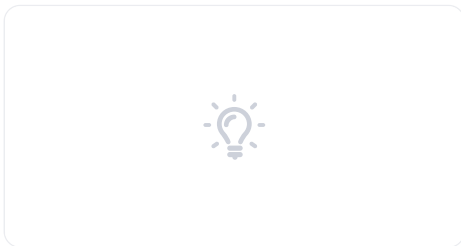
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### I Gave Up Smoking and Drinking, and Here's How It Changed My Life



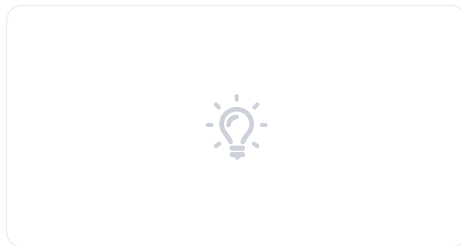
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### 10 Ways to Prevent Blood Clots That Can Save Your Life



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### 10 Awesome Life Hacks You Can Learn in Just One Minute



😊 - 😞 - ☆ 23 💬 - 👁 80k

### 9 Types of Referred Pain That Can Be Dangerous If Ignored