

Tips to Detox Naturally For Lactating Mother



1. Drink plenty of water

It will prevent dehydration when breastfeeding and help the kidneys flush out toxins.



2. Have fresh fruit and vegetable juices

It supplies important nutrients while keeping you hydrated.



3. Sleep

The brain is said to detox while sleeping. Long stretches of sleep may not be practical when breastfeeding, but short naps may help.



4. Ensure there's enough fiber in your diet

Fiber helps your gut get rid of wastes and toxins effectively.



5. Avoid processed or junk foods

Take a balanced diet of home-cooked meals. This limits the entry of toxins in your body.

