

THE SCOUT GUIDE

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TSG TIPS

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3 EASY WAYS TO DETOX

Sometimes we need to hit the reset button on our health routines. Upping our intake of antioxidants is a good first step, and according to the experts at Charlotte, North Carolina-based [HILLIARD STUDIO METHOD](#) a transformative workout created by mother-daughter duo Liz Hilliard and Clary Hilliard Gray—can be achieved with a few simple tricks. Here are their recommendations:

Reach for the cranberry juice. Pure cranberry juice—not to be confused with its sugary cousin, cranberry juice cocktail!—can help your body eliminate toxins, prevent infections, and may even assist in flushing cellulite. Mix a few ounces of the tart, vitamin-packed liquid with several ounces of sparkling water for a delicious and refreshing detoxifying treat.

Seek out crunchy greens. Studies have shown that eating broccoli, kale, and cabbage can help your body rid itself of harmful common air pollutants. Don't have time (or the inclination) to eat the veggies in their leafy state? Consuming them in juice form will also do the trick.

Add a squeeze of lemon. It turns out that putting lemon in your tea adds more than a citrusy punch—apparently, a little fresh lemon juice can significantly increase your body's absorption of the antioxidants found in green tea. Drink up!

Expert tip from [HILLIARD STUDIO METHOD](#) in Charlotte, NC.

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