

Forum:[Hack Forums](#)

Thread: [14 day detox](#)

Who Soup - April 9, 2018, 11:59 am

Someone talked me into doing a 14 day detox with them so I'm trying it out for the first time. Not sure what to expect but I'm hoping to gain more energy and over all feel better after this. I have a pretty healthy and active lifestyle and exercise for 3 - 4 hours a day, hopefully that will help the detox work it's magic.

Does anyone here have experience with detoxes? Is it worth it?

Verdy - April 9, 2018, 12:01 pm

I have experience with it. What exactly are you detoxing from ? Or are you just doing a cleanse detox?

Who Soup - April 9, 2018, 12:07 pm

(Apr 9, 2018 12:01 PM)Verdy Wrote: [\[CITE\]](#) I have experience with it. What exactly are you detoxing from ? Or are you just doing a cleanse detox?

It's more of a cleanse but I wouldn't mind detoxing from the green at the same time ?

Verdy - April 9, 2018, 12:09 pm

(Apr 9, 2018 12:07 PM)Who Soup Wrote: [\[CITE\]](#) It's more of a cleanse but I wouldn't mind detoxing from the green at the same time ?

Well, especially from what you are describing your life to be, it would be good to do that.

You would def get more energy and I would assume you would feel less fatigued, if you do that is.

Who Soup - April 9, 2018, 12:13 pm

(Apr 9, 2018 12:09 PM)Verdy Wrote: [\[CITE\]](#) Well, especially from what you are describing your life to be, it would be good to do that.

You would def get more energy and I would assume you would feel less fatigued, if you do that is. That's one of my biggest problems, I'm glad to hear that's a potential outcome ?

Verdy - April 9, 2018, 12:15 pm

(Apr 9, 2018 12:13 PM)Who Soup Wrote: [\[CITE\]](#) That's one of my biggest problems, I'm glad to hear that's a potential outcome ?

Yeah, that was my biggest problem, when it came to having a workout routine, I stopped "the green" :P;

and I got through my workouts a lot easier, and had more energy, and I rejuvenated energy much faster.

Tesla - April 9, 2018, 4:17 pm

I've thought about this for a long time and I could definitely use it, I'm just too much of a procrastinator. Let me know at the end of it how you feel!

0xB9 - April 9, 2018, 4:30 pm

What are you doing for a detox besides no "greens" and exercise? Changing your diet/sleeping, or any fasting?

XmysteriousX - April 9, 2018, 4:33 pm

Used tiny tea for yourtea. Com finished last week feel much better and energetic

Who Soup - April 9, 2018, 5:14 pm

(Apr 9, 2018 04:30 PM)0xB9 Wrote: [\[CITE\]](#) What are you doing for a detox besides no "greens" and exercise? Changing your diet/sleeping, or any fasting?

It's a detox kit where you take either a liquid or powder based supplement for 14 days.

Taserz - April 9, 2018, 5:24 pm

Like no drugs detox or a cleansing thing?

Jester Race - April 9, 2018, 10:21 pm

Your lungs kidney and liver detox you, not detox diets ir whatever.

Caliban - April 10, 2018, 2:33 am

(Apr 9, 2018 10:21 PM)Jester Race Wrote: [\[CITE\]](#) Your lungs kidney and liver detox you, not detox diets ir whatever.

I agree that the term "detox" is purely marketing, most of the stuff having the name "detox" in it is overpriced crap advertised by IG gym bunnies, better just invest into some veggies/fruits and you will get more out of it for your health. Also im surprised that OP is a guy, usually its women who fall for these scams, kind of weird.

Who Soup - April 10, 2018, 10:56 am

(Apr 10, 2018 02:33 AM)Caliban Wrote: [\[CITE\]](#) I agree that the term "detox" is purely marketing, most of the stuff having the name "detox" in it is overpriced crap advertised by IG gym bunnies, better just invest into some veggies/fruits and you will get more out of it for your health. Also im surprised that OP is a guy, usually its women who fall for these scams, kind of weird.

Detoxes are normally fiber based and flush out built up shit in your intestines over time. Arguing over terminology is probably why you both live a sad existence.