

Lazy Man's One Day Detox

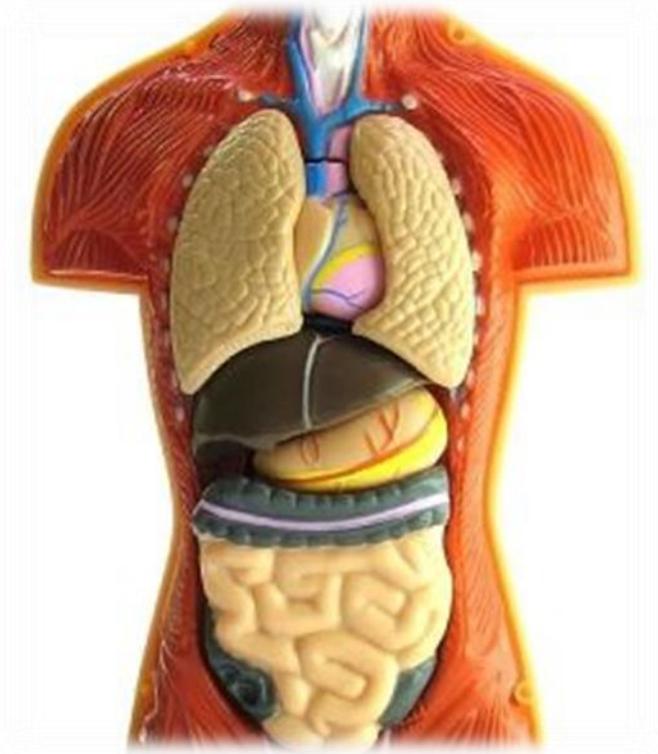


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Detoxification

Detoxification is the process of releasing and expelling the stored toxins through the specific organs of your body – the intestines, liver, lungs, kidneys, and skin.



Disease Prevention

Detox diets are recommended for improving resistance to disease, the mental state, digestion, and strengthening the organs involved in detox.

These diets can help prevent serious illnesses such as cancer, chronic fatigue syndrome, and multiple allergies, as well as ease heart disease, fibromyalgia, not classified as autoimmune disease.

Why Detox

For most of your life, you probably considered yourself somewhat healthy. Maybe you're not overweight nor very slim. Maybe you've always had balanced meals throughout the day. Well... you might learn it the hard way, but your lifestyle ... may not be as healthy as you thought.

If you eat a lot of processed food, and you drink a lot of soda, fast food and lots of fat, you need to start the detox process right now. If you also smoke two packs of cigarettes per day, and you became less active as time went on, it is even worse. If

you leave many hours between meals, smoke (even a few cigarettes), but every day, you still need to detox.

If you still consider your lifestyle and eating habits perfectly normal, please observe how most people live their lives. All the foods you are eating are full of food colorings, preservatives, hydrogenated oils and are toxic, not to mention exhaust fumes, solvents, chemicals pesticides, and heavy metals in our environment.

We spray our homes with chemicals to kill nasty little critters. We walk outside on the grass that has just been sprayed with more chemicals. We put chlorine in our pools, and we can't go outside at any time without being exposed to the exhaust fumes from cars, planes, etc.

And most of our food supplies are deficient in nutrients. We no longer eat the way our grandparents and great grandparents ate. Their food was richer in nutrients. We have depleted our soil over an extended period of time. The constant deluge of chemicals used to obtain a larger yield of crops is what gets in our system.

What does this all mean? That the environment in which we live has become extremely toxic and is no longer safe.

There are various types of detox methods that help your body rid itself of its toxic overload.

The primary purpose of this book is teaching you how to detox your body in one day. Though, if you want to try a long-term detox, or you want to change your daily diet, I will present you in the following lines other recommended methods to get rid of toxins.

Beneficial, Long Term Detox Methods

The Foot Patch

A body that is overloaded with toxins cannot perform its normal cleansing job that is required for optimal health. In addition to naturally-occurring toxins as a result of metabolic processes, it is estimated that more than 400 man-made chemicals, as well as heavy metals,



permeate the body of a person nowadays. If these toxins are not removed from the body, they can cause chronic health ailments. It is therefore very necessary to detox and cleanse the body of these and pollutants.

One way that is gaining much popularity as a convenient method to detox is the detox foot patch. It is a patch sachet filled with some natural plant-based ingredients that are applied to the soles of the feet. It has been widely touted as a simple and reasonably effective way to remove waste, toxins, microscopic parasites, heavy metals, chemicals and even cellulite (as some manufacturers claim).

Why detox through the foot? According to Chinese Traditional Medicine, our human body has over 360 acupuncture points, with more than 60 acupuncture points found on the soles of the foot. Known as the “second heart”, they reflect the zones of our major internal organs. These areas also indicate potential homes for toxins.

Circulation of blood and lymphatic fluids reach their furthest points on the soles of the feet before being ‘pumped’ back up into the higher areas of the body.

By applying the patch to the foot, it extracts toxins from the body through the blood that circulates in the soles. After putting it on for a couple of hours, it turns dark

black, with a pungent smell. Changes in the smell and color of the sachet indicate the amount and degree of toxins which have been extracted via the patch. Therefore, the blackest and smelly it is, the better it is because you eliminated a lot of toxins that wreak havoc your health.

For a thorough and complete body cleanse, it is still better to go through a proper detox program. But for those who find it difficult to take the time off to detox and cleanse, the detox foot patch is a convenient and safe option to consider. Just apply the patch to the soles of your foot overnight and look at your results in the morning! **Therefore, you can apply it as often as you want and you feel comfortable.**

Liver Detox

Detox is mandatory for a healthy liver. The best time for a liver detox is spring. Of all the things you can do with alternative health, the liver detox is probably one of the most important if you want to be as healthy as possible in today's environment.



We live in an age where our deteriorating natural environment is polluting our bodies with cigarette smoke, pesticides, food additives, smog, chemical toxins, heavy metals, and many more threats for our intestines, colon, kidneys, liver, and gallbladders. **It is best to detoxify your liver and gall bladder at least twice a year.**

One of the primary purposes of the liver detox is to flush all of the gallstones from your body and minimize the chances of their return. A liver detox will improve your digestion and immune system and help keep your whole body healthy.

Body signals that your liver needs detoxification include:

- Chronic constipation,
- Irritable Bowel Syndrome (IBS),
- Frequent headaches,
- Eczema or skin related disorders,
- Flatulence, gas and bloating,
- Excess weight,
- Food allergies,
- Parasites in stool,
- Bad breath and body odor,
- Constant fatigue and low energy,
- Yeast infection,
- A yellowish tint to the skin and/ or liver spots on the skin,
- Poor hair texture and slow hair growth,
- Skin itching and irritation.
- Elevated cholesterol (and all of the problems related to high cholesterol).
- Anemia and large bruise patches indicate severe liver exhaustion.

Foods for liver detox:

- Apples help the liver to handle the toxic load during the cleansing process,
- Avocados cleanse harmful toxins,
- Beets and carrots stimulate and improve overall liver function,
- Cabbage helps flush out toxins,
- Cruciferous vegetables,
- Garlic activates liver enzymes,
- Grapefruit juice will boost production of the liver detoxification enzymes,
- Green tea improves your overall diet,

- Leafy green vegetables (bitter gourd, arugula, dandelion greens, spinach, mustard greens, and chicory) offer a powerful protective mechanism for the liver,
- Lemons and limes help stimulate the liver,
- Olive oil, hemp, and flaxseed used in moderation can suck up harmful toxins in the body,
- Turmeric helps boost liver detox,
- Walnuts support normal liver cleansing actions.



Eating these foods, you will help your liver functioning properly. There is no rule in what quantities you should eat or when. Just add the above foods in your daily diet and you'll get rid of toxins.

Diets

Diets are very important and are usually the basis for any detox program, whether it is herbs, cleansing or other detox programs. Detox diets will eliminate trigger foods, which may cause many problems with digestion and elimination.

First of all, it is important that you have regular bowel movements during a detox because this will lessen the likelihood of toxins being reabsorbed by the body.

- A good way to make sure you will regularly eliminate is to take two tablespoons of ground flax seeds in lemon water in the morning and drink lemon water throughout the day. Flax seeds provide the body with fiber, and lemon water has a slightly laxative effect.

It is also important to drink enough fluids for optimal body cleanse.

- You should try to include at least eight glasses of water daily to ensure that you are allowing toxins to be flushed out.

If you are trying a detox for the first time, it is best to take a gentle, gradual approach. The detox diet plan is a basic one that many people recommend.

If you are a heavy smoker or take drugs regularly, it will be a massive shock to the system to give up at the same time as detoxing. Take one step at a time – giving up your particular vice will be a detox in itself.

You should know that detox diets are quite restrictive, and once you start a detox diet, you should follow it strictly. They are safe, but you should consult your doctor before beginning.

Therefore, you should know the following information:

- Foods like wheat and dairy are often the cause of allergies.
- You should eliminate sugar because of its empty calories and tendency to produce glycemic fluctuations.

Refined white sugar

A lot has been written about the detrimental effects of refined white sugar on the body. It is dangerous for you because it causes metabolic dysfunction (weight gain, abdominal obesity, high blood pressure, etc.). Inform on the subject because a lot of products contain a lot of refined white



sugar. Cola is already well known, but also ketchup contains a lot. Try to cut down on it by using brown sugars, like sugar cane.

Sugar has a stimulating effect. If you consume a product full of sugar you get a kick out of it and that's why products that contain a lot of sugar are so attractive.

- You should eliminate meats because they may contain hormones, antibiotics and are difficult to digest.
- Caffeine is wise to avoid since it has many ill effects on the body's digestion. Refined, processed and junk foods are also out for any detox program to work.

Typically, detox diets involve 1 or 2 days on an entirely liquid diet and another 4 or 5 days adding brown rice, fruit, and steamed vegetables (all organic) to the diet. After a week of eating only these foods, you gradually reintroduce other foods – except for red meat, wheat, sugar, eggs, and all prepackaged or junk foods – into your diet.

Types of Detox Diets

Detox diets are nutritious dietary plans that use detoxification, which help you lose weight by cleansing out your body and improving your metabolism.

- One form of the detoxification diet is made up exclusively of fresh fruits, fresh vegetables, either raw or cooked, and whole grains, both cooked and sprouted; however, no bread or baked goods, dairy products or alcohol are used. This diet keeps fiber and water intake up and helps with colon detoxification. Most people can handle this well and make the shift from their regular diet with a few days of transition.

The lymphatic system is used to bring nourishment to cells and to remove wastes. The lymph nodes, located in the vessels, break down toxins. This breakdown is especially important during infections and other acute illnesses. Deep breathing and movement help keep the lymph moving through the lymph vessels.

- Those diets in which you can only drink fruit and vegetable juice.
- The most severe type where you can only drink water.
- Fasting diet in which you drink only water, juices or broths, or eat one kind of food for a particular period.

If you follow one of the last three diets, your body starts burning fat for energy.

- You can also do specialized cleansers designed for a certain area of the body- for instance, the liver, kidneys, blood or lungs. However, most detox diets just involve cleansing the entire body.
- Nutritional supplements – intake of good powders, vitamins, and packaged protein snacks.
- Hydrotherapy – detoxifying through your skin pores by taking special baths.
- Specific detox diets – last between 7 and 30 days; there are quick detox diets for one and three days and long detox diets that can last up to eight weeks

One of the most current body cleansing detoxification processes is fasting, either with just water or with a variety of juices. While food is vital in providing the nutrients your body needs for energy and body processes, sometimes the body uses too much energy digesting and not enough time purging toxins. If you learn how to detox your body through fasting, you can kick-start your body organs to start the cleansing process so that your body can eliminate the toxic build-up.

Fasting Information

Many people have used fasting to clean their body for years, and you too can figure out how to detox your body through this process. The question of the day is probably why the body better detoxifies itself during a period of fasting. You expect that you might grow weak without proper nourishment for several days but just think about all the energy your body uses during the digestive process there is no energy left over for cleansing the body.

Cleansing your body should start with fasting because it has proven time and again as a successful way to cleanse yourself from inside out. Because you are not eating food and just drinking water (or juice), your body expends its energy focusing on organs that eliminate toxins as the liver, kidneys, intestines and skin.

Just think about when you are sick – you usually do not feel like eating and do not have the urge even though your stomach rumbles. This same principle applies here on how to detox your body. The cleansing process is considered the illness your body must defend itself against – thus cleansing itself of harmful toxins.

Types of Fasting

While you might view it as eating nothing and drinking just water, there are several different types of fasting to solve this problem. Besides the traditional fast where you drink just water, you can learn how to detox your body through juice fasts or what is called a mono-food fast.

With juice fast, you must create your fresh juices each day rather than buying one from the store, unless you know it is all natural and fresh, like through an organic whole foods store. To detox your body through juice fasting is likely more attractive and palatable than the pure form. The rule for this type of detox though is to choose only one fruit or vegetable with cleansing properties like carrots, watermelons or anything with antioxidants. It provides the body with the fuel it needs without taxing the digestive system.

Mono-food fasting is another option on how to detox your body and involves eating only one food – either one vegetable or fruit – that has cleansing and antioxidant properties. It works much the same way as juice fasting meaning that combination of fruits or vegetables are not allowed.

How to detox your body can be quite easy, but it does take some effort to stay faithful to the course as you may become hungry and want to eat. However, if you can

stick with the plan for *just two or three days*, figuring out how to detox your body will become a whole lot easier. *Just doing it once or twice a year should be sufficient* and provide you significant benefits such as increased energy and fewer incidence of ordinary illnesses like cold and flu.

Whole Food Cleansing Diet

This version of cleansing includes whole proteins of lean fish and poultry, while other diets advise us to eat only vegetables, and take out all the oily correspondents, including natural sources like nuts. It is a diet itinerary perfect for anyone with chronic conditions, pulmonary affection or heart condition. To detoxify, the premise is to take out potentially dangerous stuff, such as fast food, caffeine and alcohol and replacing them with white lean meat, fresh fruit and organic eggs.

Therefore, read some examples of what you should eat if you want to follow this diet.

Breakfast

- Fresh fruit slices,
- Fresh fruit juice.

Lunch

- A carbohydrate, such as potato or rice,
- Cooked vegetables,
- Fresh fruit juice.



Dinner

- Lean protein, such as eggs or poultry,
- Vegetables,

- Fresh fruit juice.

Snacks

- Fresh fruit juice,
- Water.

You can follow the above diet and adopt it *each day*. Of course, you can diversify the by adding each day other vegetables, fruits, etc.

Cleansing with Fiber

Fiber plays an essential role in maintaining the health of the digestive system, and adequate fiber in the diet has significant value in the prevention of cardiovascular disease, cancer, diabetes and other ailments.

It cleanses the digestive tract and enhances its function. Metabolized by intestinal bacteria into substances that prevent colon cancer, fiber dilutes and speeds the removal of carcinogens and other toxins in foods so that they spare the delicate lining of the GI tract.

Fiber helps achieve optimal blood sugar control and cholesterol levels by slowing digestion and maximizing cholesterol excretion.

High-Fiber Foods

Fruits

- Apple,
- Banana,
- Figs,
- Orange,



- Pear,
- Raisins,
- Raspberries,
- Strawberries.

Grains, cereal and pasta

- Barley,
- Bran flakes,
- Brown rice,
- Bread,
- Oat bran muffin,
- Oatmeal,
- Popcorn,
- Spaghetti.



Legumes, nuts and seeds

- Almonds,
- Black beans,
- Lentils,
- Lima beans,
- Pistachio nuts,
- Pecans,
- Split peas.



Vegetables

- Artichoke,
- Broccoli,
- Brussels sprouts,
- Carrot,
- Green peas,

- Potato,
- Sweet corn,
- Turnip greens,
- Tomato paste.

You can follow the above diet and adopt it *each day*.



Is there anyone who should not try a detox diet?

Consult your primary care provider to find out if the one-day detox diet is appropriate for you. A detox diet should not be used by pregnant or nursing women, children, or people with anemia, eating disorders, heart problems, lowered immunity, low blood pressure, ulcers, diabetes, epilepsy, cancer and ulcerative colitis, unless recommended and supervised by your primary care provider.

There are unlimited detox plans you can follow, so choose carefully. Some will advocate complete fasting or juice-only days, but beware of the health implications and never start such an extreme plan without consulting your doctor or a qualified nutritionist.

Do you have any allergies or sensitivities?

By and large, conventional health care only deals with masking the symptoms of allergies and food sensitivities, rather than attempting to resolve them.

The first step that many alternative practitioners recommend is a change of diet that cuts out wheat and dairy foods, two common allergens. Doing so is also the first step in “detoxing.” Higher levels of detoxing, as well as additional immune support through nutritional supplementation, have been known to help many allergy sufferers. Allergies are, however, almost by definition, a very individualized condition.

Detox via Sauna

Saunas enhance circulation and oxygenate the tissues. They open the nasal passages and assist the sinuses to drain.

A major eliminative organ, most people's skin is very inactive. Many people do not sweat. It may be due to synthetic or tight clothing that does not allow the skin to breathe.

Sedentary living and sun damage also inactivate the skin. Hundreds of chemicals affect the skin from lotions, soaps, and creams to deodorants. Others are cleaning solvents, detergent residues and chemicals from bathing water.



Benefits of detox via sauna

- Heating of the tissues also enhances metabolic processes. Greater cellular energy production facilitates healing.
- Viruses, tumors, and toxin-laden cells are weaker than normal cells because they tolerate heat poorly.
- Raising the body temperature causes infections to heal more quickly.
- Hyperthermia, or fever therapy, helps combat infections and even cancer. Our bodies develop fever when ill to enhance metabolism and help kill germs.

However, if you don't desire a long-term detox method, I want to start by presenting you our unique Lazy Man's One Day Detox which is beneficial for both men and women.

The Lazy Man's One Day Detox

The Lazy man's one-day detox is a short detoxification diet used for different health problems. Such a period of detoxification will set your body for a sustainable style of life and a beneficial diet. Those who trust the success of detoxification will probably be interested in approaching a new dieting method that includes periods of cleansing. It will lead to a healthy state of mind and body.

There are many versions of detox diets that try to convince us to reduce foods and beverages that have a negative impact on our organism in the long-term.

Processed foods along with coffee and alcohol need to be replaced with whole, liquid, cooked, or raw, unprocessed organic foods, mainly from fruits and vegetables.

Fresh water should be drunk in large volume to flush the body of harmful toxins. However, don't drink more than 300 ml at once.

Different versions of the detox diet may include a combination of alternative cleansing therapies in order to enhance detoxification.

These could include the following:

- Dry brush massages,
- Colonics,
- Enemas,
- Sauna/sweat bath,
- Moderate exercise,
- Vitamin supplements,
- Herbal detox supplements.

Tips

Before you start The Lazy Man's One Day Detox you should know some detox tips if you want to succeed:

1. Reduce caffeine and alcohol intake a few days before you start;
2. Stay away from all carbonated drinks.
3. Reduce or cut off animal meats, eggs, cow's milk and dairy products.
4. Reduce drastically the quantity of carbohydrates you consume, especially white rice, rice noodles, noodles, bread, biscuits, sweets, chocolate, fast food, and all fried and processed foods.
5. Drink 1l of unsweetened lemonade.
6. Replenish good quality water throughout the day. Drink one glass (8.5 ounces) of water every 2 hours.
7. Eat more fresh vegetables and fruits.
8. Go shopping in advance – with the right foods at hand you shouldn't go hungry;
9. Tell all your friends and family what you want to do in advance. If they know how serious you are, they are less likely to try and force feed you a pint of beer/ bar of chocolate/ Sunday roast when you next see them;
10. If you have any history of cancer, kidney, liver, heart disease or any other disease, are pregnant or younger than 16, do not think about detoxing without talking to your doctor.

The Lazy Man's One Day Detox

7 a.m.	150~200ml of Vegetable Juice	to be sipped slowly
	250ml of Spring Klenz tea (it is made from a combination of herbs birch leaf, couch grass, golden rod and rest harrow).	to be sipped slowly
	1 capsule of LivaDetoxer (standardised extract equivalent to dried Silybum marianum fruit).	to be taken
10 a.m.	120~150ml of Carrot Juice	to be sipped slowly
12 noon	120~150ml of Breuss Juice (vegetable juice that consists of red beet root, carrots, celery root, raw potato, radishes).	to be sipped slowly
	250ml of Spring Klenz tea (SOD tea)	to be sipped slowly
	300ml of Vegetable Broth	1 teaspoon of broth with water
2 p.m.	120~150ml of Celeriac Root Juice	to be sipped slowly
4 p.m.	120~150ml of Breuss Juice	to be sipped slowly
6 p.m.	1 package of dietary fiber mixed with 300ml of water	Drink slowly
8 p.m.	120~150ml of Breuss Formula	to be sipped slowly
	1 capsule of LivaDetoxer	to be taken
9 p.m.	Bedtime	please sleep early (during the night your body undergoes detoxification process)

Benefits of The Lazy Man's One Day Detox:

- The detox diet helps your organs to work at their optimal level.
- It helps contribute to the removal of toxins from your body and eliminate waste more efficiently.
- The one-day detox program usually involves lots of fiber and water and gives your organs a break.
- Fiber helps your body remove waste, which frees up your system to digest food better. As a consequence, it gives you more energy.
- Water has an overall effect on your energy levels and how your body functions. Instead of letting waste build up and causing loads of problems, the detox diet rids your body of waste that frees up your colon.
- In a nutshell, the one-day detox diet lets your colon get back to work and to function at its best again. In most cases, a colon that is not working results in cancer.

If your body is loaded with toxins, you are much prone to develop cancer. Because all the causes of this disease are unknown, just take some time to take care of yourself. If you want to prevent cancer you can try this detox method for your health and future outlook.

What Happens After Detox?

Many of the foods that were eliminated during this diet can be allergenic. A natural health practitioner can help you reintroduce systematically food groups (wheat, dairy, gluten, corn) and note reactions to identify the food groups that may be aggravating health issues such as sinus congestion, fatigue, skin conditions, arthritis and bloating and constipation. Flare-ups can occur, so supervision is recommended.

Your body eliminates most toxins, and the rest are stored in the fatty tissue.

These stored toxins combined with stress can affect your health in very unpleasant ways:

- Weight gain,
- Cellulite,
- Headaches,
- Feelings of fatigue and weakness,
- Heartburn,
- Sore muscles and skin,
- Joint pains.

These symptoms will fade when you start to detox. Well, you may feel some discomfort in the very first days, but that is a normal body reaction.

It is because the toxins are released faster than your body can eliminate them. These symptoms will not occur again if you detox regularly.

So, I want to inform you that detoxification helps you a lot but can be painful at first. In the following I will share with you the healing crisis.

What Is a Healing Crisis?

A difficult concept to grasp when undergoing a cleansing regimen is the detoxification symptoms that occur along the way. These unpleasant side effects are merely a necessary part of the healing process that we must endure so that we can experience the real benefits of a clean, healthy body.

The turbulence that our bodies experiences during detoxification can be scary—even horrifying at times. And if the detox occurs too rapidly, the symptoms can be extreme and severe. It is what's called the healing crisis. As the body eliminates the accumulated toxins and waste materials that have been stored for so long, it is natural that this will cause a reaction. We temporarily relive past conditions and illnesses as they are released. The good news is once eliminated and released; we are free of future problems and diseases that arise from an intoxicated body. Only 5% of people deal with the healing crisis so, do not be scared!

Detoxification can be induced through dietary changes such as going vegan or raw; water or juice fasting; and herbal cleanses. The more toxins that have been accumulated, the sicker and more miserable you will be during a detox cleanse.

A healing crisis is usually identified by:

- Intense joint or muscle pain,
- Severe headaches,
- Fevers and chills,
- Skin eruptions (acne, pimples, and rashes),
- Insomnia,
- Cramps,
- Fatigue,
- Mood swings,
- Emotional-rollercoaster-type behavior.

One thing to consider is that there will be some degree of discomfort as the body rids itself of the poisons and toxins that it has been burdened with for so long.

The symptoms are only indicators that everything is working correctly, and the discomfort is temporary. If severe symptoms occur for more than three days or so, you can get some relief by slowing the detox:

- Drink lots of clean, pure water,
- Get some sunshine and fresh air,
- Slow down and get plenty of rest,
- Reduce dosages of herbs if taking teas/capsules.

Remember, sometimes things have to get worse before they can get better. It's a difficult time but don't give up. You'll feel so much better when it's over.

You will have faced the challenge and won a major battle. When you take care of your body, it will be strong for you!

Words cannot describe how this victory will impact you on many levels-physically, spiritually, emotionally, and psychologically.

So if you can hold on through the turbulent times and rough patches you'll soon be greeted with radiant health and new possibilities.

Eliminate All Accumulated Toxins

The key information here is to follow the Lazy Man's One Day Detox to make the process faster than a usual detox. Methods mentioned above are also great, but it is indicated to practice them rarely.

Before you try this unique method make sure that it complies with any health conditions that you already have.

While this method is believed to be extremely beneficial as a mean of detoxification, you should first make sure that it applies to any health conditions that you already have.

The plan is not a weight-loss diet, thus there are no calorie restrictions. You should consume a lot of natural juice, homemade soups and all that is mentioned in the table.

The regular cleansing detox is usually taken over a few days, but can be followed over a longer period of time. The main benefit of life-changing diet is that it permits your organism to pass through a refreshing phase and eliminate all toxins that have been consumed over the past few weeks.

If you are underweight or have a chronic disease, such as cancer, anemia, diabetes, or other conditions, consult with your doctor before starting any detox diet.

Remember, you can eat all fresh vegetables except corn, which can be an allergenic food. Great detox foods include broccoli, cauliflower, broccoli sprouts, onions, and garlic, artichokes, and beets, red and green vegetables.

As you already read, a few of the detox benefits are:

- Improves symptoms of heartburn, constipation, and gas and treats digestive disorders.

- Boosts the immune system.

If you follow the above detox program, you will feel considerably better even after one day.