

FIT TO READ – DEAD OF WINTER DETOX QUIZ

1. This three-day winter detox will inspire you to make _____ about what you eat and how you live
2. A cleanse should begin with what types of acts? _____
3. Winter detoxification is more about balance and _____
4. What is the general detox guideline for exercise? _____
5. What are the major organs of detoxification in the body? _____, _____, _____ and _____
6. What are lemons, berries and citrus fruits packed with to help boost bodily functions and enhance the cleansing process? _____
7. What are the antioxidant rich spices mentioned in this article? _____, _____ or _____
8. Sit in a sauna or steam bath to open your _____ then apply rehydrating skincare products with _____ and _____
9. True or false: as your three-day detox begins to end you should write down your thoughts, moods and envision your future self in a detox journal _____
10. Please provide a brief statement and tell us your experience with the article

Fit to Read is on a mission to educate, inspire, enlighten and change thoughts to healthier ones.

Read on!