



The  
**PTI BUZZ**  
Carol Kur, MSRD

## Foods That Help Detox Your Body

Detoxifying ones body includes, cleaning out the digestive tract, combating free radicals and increasing liver function. These are just a few examples to help you in this process:

- Omega-3 Oils
- Seeds and Nuts
- Raw Vegetables
- Mung Beans
- Broccoli Sprouts
- Garlic
- Lemons, Oranges & Limes
- Green Foods
- Fruits
- Green Tea

## Quick Links

- [Franchise Info](#)
- [About Us](#)
- [Locations](#)

28 minutes of Boxing(punching bag) can burn up to **200** calories!!!!



[PTI Facebook](#)

[www.personaltraininginstitute.com](http://www.personaltraininginstitute.com)

877-PTI-WORK(S)

### [Forward email](#)

#### [SafeUnsubscribe®](#)

This email was sent to [ekaplan@personaltraininginstitute.com](mailto:ekaplan@personaltraininginstitute.com) by [jpuglin@personaltraininginstitute.com](mailto:jpuglin@personaltraininginstitute.com).

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Personal Training Institute | 500 North Broadway | Jericho | NY | 11753