

## **New Advice on Gaining Weight Stresses the Importance of Detox**

*New step-by-step advice for those wanting to put on weight. Often forgotten, as the majority of the population goes on diet plans and monopolises the gym, there is a group of people desperate to gain weight.*

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Cambridge UK: As many tuck into extra calories, fatty or high sugary foods, a detox plan is often the last thought for those looking to gain weight, however in many cases simple steps to improving general health will dramatically help improve results.

Although there is plenty of evidence that stopping smoking will help increase weight very few understand the benefits of improving absorption rates. When the body's cells are working at their best they will be far more effective in absorbing all the nutrients from food consumed.

With many thoughts turning to New Year's resolutions a detox diet has to be foremost for those who are 'underweight'. Although they sound quite drastic it can be very easy to make changes in one's diet which will lead to fast weight gain results. Ranging from making sure to drink enough water (at least 2 litres per day) to cutting out most processed and ready meals.

As part of a new weight gain advice service launched today by Herbal Energy Peter's extreme example is not unique "I had struggled all my life to gain weight. At one stage I even went on the 'Ice Cream Diet', which consisted of eating one litre of ice cream a day for a month. This had absolutely no effect on my weight. Being a physically active person who loves working out at the gym, I struggled to gain muscle bulk. Even though I ate to a carefully balanced plan, supported by protein shakes, my weight stayed at around 56kg at 168cm."

However by following the right diet plan weight gain becomes easy and enjoyable. The key is to help the body absorb all the nutrients and to eat and drink the right foods at the right time.

A free detox fact sheet is available from the Herbal Energy's website, as part of a new service providing individual step-by-step advice on what to eat and when, in order to get maximum results.

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### **Keywords**

[Weight Gain](#)  
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