

What's the Fuss: DETOX DIETS



There are so many ways to "detox" are all of them okay to try or is there some to stay away from? What is the point of this and how does it help you?



What you have heard...

What's the Fuss: Detox

Various dietary regimens that:

- Clean you out
- Give your body a radical reboot
- Help you drop weight fast
- Slow down aging
- Healthy skin

May be appealing if:

- Eating poorly
- Drinking too much alcohol
- Treating body less than optimally



DETOX:

For decades was used almost exclusively to refer to the process of withdrawal from **alcohol** or **drugs**.



Detox and Health?

A catchall term for any number of non-traditional diets, fasts, or procedures that claim to:

- Reset your metabolism
- Remove unwanted pounds
- Eliminate unwanted “toxins”

Master Cleanse – Warm salt water, laxative tea, liquid concoction of lemon juice, maple syrup, and cayenne pepper for 10 days.

Dr. Oz’s 3-day detox cleanse – 3 days \$16/day and a blender.

Martha’s Vineyard Diet Detox - promises 21 pound weight loss in 21 days. :0

10-day Green Smoothie Cleanse

What Are These “Toxins”?

Toxins are generally defined as substances created by plants, animals, and microorganisms that are poisonous to humans. Some medications can also be toxic when used in large amounts.

A close-up photograph showing a person's hand holding a red energy drink can and pouring a vibrant green liquid into a circular opening on a car's engine. The background is blurred, showing parts of the engine and a red surface.

**ADD 10-12 OZ OF FAVORITE
ENERGY DRINK TO COOLANT**

**FASTER WARM UP TIME, BETTER COOLING
PROPERTIES, IMPROVES COOLANT LIFE**

**TIRED OF SCRAPING ICE OFF YOUR
WINDSHIELD**

**BOIL BUCKET OF WATER AND THROW
DIRECTLY ON THE WINDSHIELD**



The Power of Our Bodies

Our bodies natural detox mechanisms should filter and eliminate toxins without extra help.

Key Players

- **Lungs** - airways trap and expel noxious particles
- **Kidneys** - also filter out toxins, via your urine
- **Liver** - acts as your body's primary filter, digesting food and ridding the body of toxic substances
- **Intestines** - screen out parasites and other harmful organisms while allowing nutrients to be absorbed into the blood
- **Skin** - your body's largest organ—provides a barrier to harmful substances

Healthful eating, sleep, and exercise habits help the machine to run optimally; **substandard** habits compromise it.

Evidence?

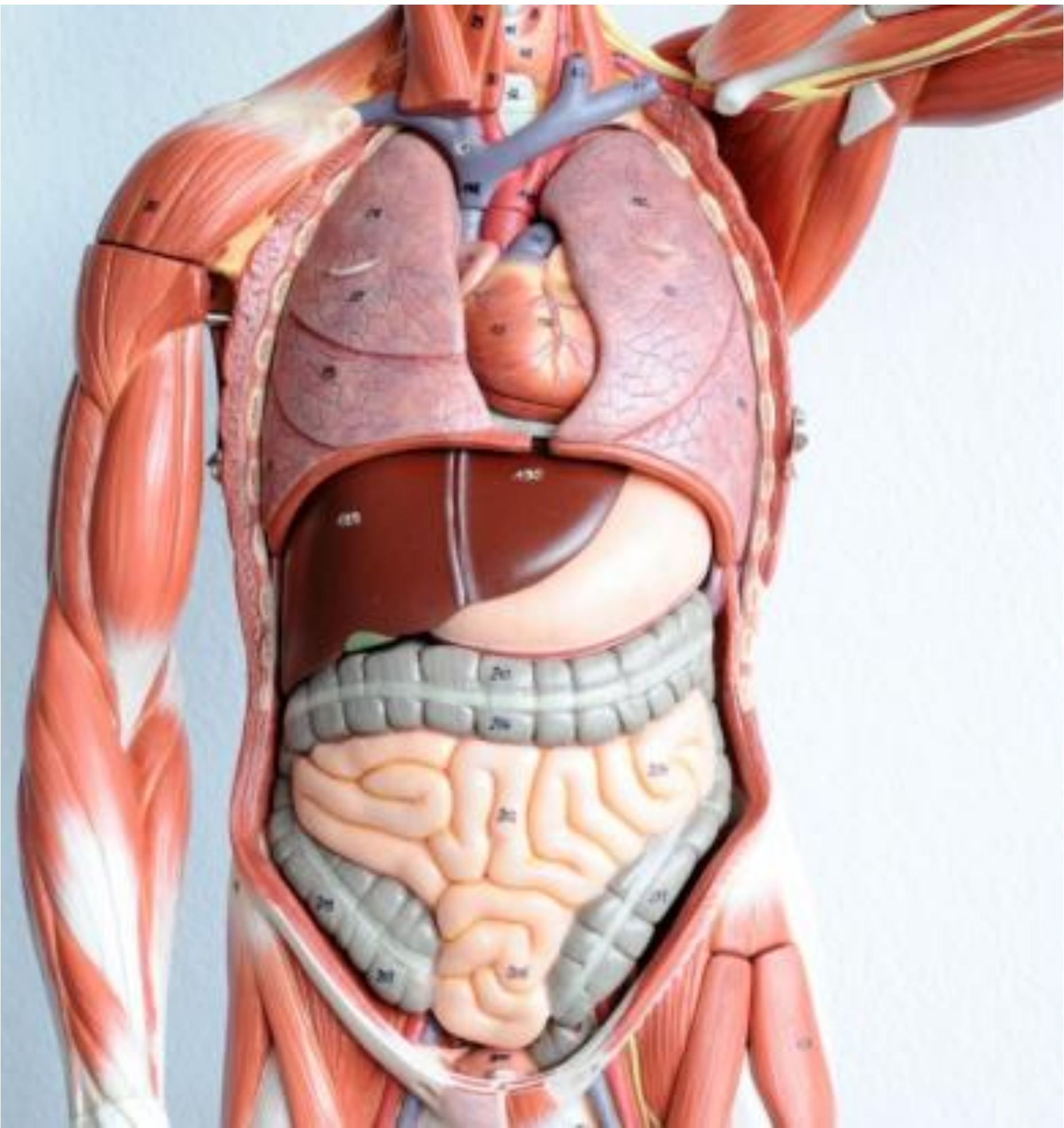
What's the Fuss: Detox



NOPE

There's no evidence that a special detox diet or fasting can take the place of or supplement what your own body is naturally programmed to do.

Your organs already do that!



Potential Risks

Yes, detox diets can be potentially harmful. Especially those that are more extreme regarding dietary restriction.

- Imbalances in electrolytes such as sodium and potassium
- Malnutrition

Colonic Irrigation is completely unnecessary (except as preparation for surgery or endoscopy).

Can lead to:

- Diarrhea
- Blood infections (septicemia)
- Perforations of the intestinal wall





Common Questions

Weight Loss – Promised by most if not all detox plans.

- Evidence suggests that detoxing can actually thwart your efforts for weight loss in the long-term.
- Weight loss is mainly water weight
- Routinely gains the weight back - Often end up heavier

What about drinking large amounts of water?

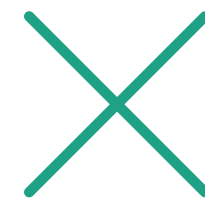
- Might be reasonable to assume the more water you drink the more 'bad stuff' you are able to flush out.
- Impairment of kidney function to exchange electrolytes
- Produce light-yellow urine and don't feel thirsty and that's all you need.

RECAP

What's the Fuss: Detox

**DETOX IS
DEBUNKED!**

**LIVE A
HEALTHY
LIFESTYLE!**



Detox is Unnecessary

Our bodies are already made to eliminate 'toxins'.

Help your body 'Detox' by living a healthier life!



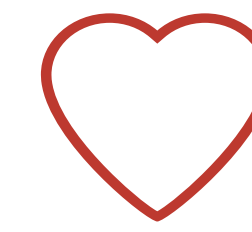
Potential Risk

Risks far outweigh the actual benefits of a detox diet.



No Evidence

No scientific evidence stating detox rids the body of more toxins.



Live Well

- Well balanced diet!
- Live an active lifestyle!
- Get adequate sleep!

THANK YOU!

See You Next Time
