



DETOXES & CLEANSSES

Detox diets date back to the early 1940s when Stanley Burroughs created the Master Cleanse Diet.

He promoted this diet as one that can remove deadly toxins, pesticides and other impurities from the body. This diet was initially used in the treatment of ulcers.

Fast forward about 60 years and the Master Cleanse diet gained popularity as an approach to weight loss. This increase in popularity can be attributed to the book, "Lose Weight, Have More Energy, and Be Happier in 10 Days" by Peter Glickman. To this day, you've likely seen advertisements on magazines, social media and TV regarding these quick-fix diets.

Defining Detoxes & Cleanses

Did you know that your body is constantly detoxifying itself? Whether or not you drink a particular juice or follow a detox diet, the detoxification process is one that the body performs 24 hours a day, 365 days per year.

The toxins produced by our bodies like lactic acid, urea and waste products from our GI tract, and external toxins like pesticides, air pollution, or chemicals from drugs and alcohol are broken down naturally by our body. They are then removed from the body through urine, feces, sweat, and breathing.

Detoxes and cleanses are often marketed as quick and easy solutions to reach weight loss goals or to rid your body of toxins. What's not mentioned in those front-page headlines are the negative effects these types of diets can have on our bodies.

Usually, detox diets are short-term and may include a period of fasting. The fasting period is followed by a strict diet of likely fruit juices, water, herbal teas, and supplements; raw fruit and vegetable intake may also be encouraged.

These diets claim to have various positive effects on the body, such as promoting toxin elimination, improved circulation, weight loss, improved digestion, reduced inflammation and improved energy. Despite all of these claims that you may see advertised, the truth is that the research on these types of diets is minimal.



Pros of Detoxes & Cleanses

As with many diets, there are some potential benefits that may come from a detox or cleanse. Most detoxification programs focus on avoiding highly processed foods and increasing intake of whole fruits and vegetables. The average American falls short of the daily recommendation for fruit and vegetable intake. Although detox diets may promote these foods, you don't need to follow a rigorous detox or cleanse diet to make a conscious effort to incorporate them into your diet.

Another potential benefit of a detox or cleanse diet is that it may help identify food sensitivities or intolerances. By eliminating foods that some people may be sensitive to and then slowly reintroducing them, you might be able to identify specific intolerances.

That being said, it is always best to consult with a physician or registered dietitian for assistance and guidance on how to best go about identifying these sensitivities. You can work with a ConnectCare3 Registered Dietitian for guidance on how to best approach identifying food sensitivities.

Individual Approach

Detoxes and cleanses may seem enticing as they promise results such as weight loss and improved energy. However, there's not enough research available to confirm that they are beneficial. Your body is well equipped to detoxify itself each and every day.

Cons of Detoxes & Cleanses

Some detox or cleansing programs may be unsafe and falsely advertised. According to the U.S. Food and Drug Administration (FDA) and the Federal Trade Commission (FTC), there have been detox and cleansing products that contain illegal and possibly harmful ingredients. These products have been marketed using false claims that they could treat serious medical diseases.

Other risks of these diets include consuming raw or unpasteurized juices containing harmful bacteria and an increased risk of kidney problems due to high oxalate intake from foods such as spinach and beets. It's also important to note that detox diets severely restrict calories and may lack adequate nutrition to support a healthy body.

Furthermore, following a liquid diet consisting of mostly water and herbal teas can potentially lead to dangerous electrolyte imbalances. Individuals with underlying health conditions such as diabetes, kidney disease, gastrointestinal disease, or heart disease should be especially cautious with detoxes or cleanses.

To support your body's natural detoxification, stay hydrated with water and enjoy a well-balanced diet filled with fiber, fruits & vegetables, lean protein, and healthy fats and exercise regularly. If you have concerns about your diet, reach out to ConnectCare3 to start working with one of our Registered Dietitians.

Healthline. "The Master Cleanse Diet (Lemon Detox Diet)"

Accessed at <https://www.healthline.com/health/master-cleanse-diet>

Eat Right. "What's the Deal with Detox Diets?"

Accessed at <https://www.eatright.org/health/wellness/fad-diets/whats-the-deal-with-detox-diets>

National Center for Complementary and Integrative Health. "Detoxes and Cleanses: What You Need to Know."

Accessed at <https://www.nccih.nih.gov/health/detoxes-and-cleanses-what-you-need-to-know>



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