

<https://OptimalHealthSecrets.com/Library/Nutrition/a38-the-only-real-way-to-detox-your-body.pdf>

<https://getpocket.com/explore/item/the-only-real-way-to-detox-your-body>

Get rid of those toxins the scientific way.

After particularly long stretches of inundating our bodies with treats and drinks—for anything from summer BBQs to the holiday celebrations—nothing is more enticing than the hope of a quick fix, the promise that you’ll be back to your best with a little activated charcoal, green juice, herbal tea, or apple cider vinegar. All you need, the internet says, is a quick detox.

The detox industry is having a moment—and a very profitable one. But cleansing our bodies of impurities is anything but a new idea. Ayurvedic medicine, one of the oldest forms of traditional medicine, has employed a five part detoxification method—including medicated enemas and drug-induced vomiting—since the 2nd century BCE. But now we have a much better understanding of our supposed detox needs.

The very phrase “detox” implies that there are toxins that need to be removed. Cleanses are rarely clear on what exactly these substances are, but it is true that your body contains harmful molecules that can cause cancer, organ damage, reproductive issues, and even death. But the truth is, your body already does an excellent job of eliminating those problematic chemicals because it’s an optimized detoxing system in itself.

“If your body already has a working liver, working kidneys and working lungs, your body already has the balance it needs,” says Katherine Zeratsky, a registered dietician at the Mayo Clinic. Alluring detox tools really aren’t necessary.

More to the point, there’s really no evidence that detoxes remove toxins from your body in the first place.

While arguably ineffective, most detox methods are not directly harmful. But they do come with their risks. Consuming nothing but green juice for a few days is an unbalanced approach, but it probably won’t hurt your body, Zeratsky says. However, every case is different. In 2019, due to a history of gastric bypass and recent antibiotic exposure, a woman developed a severe kidney condition after starting a green juice diet. So, if you do decide you still want to jump on the detox bandwagon, definitely check with your doctor first. And don’t expect to feel better soon. Days spent fasting or running to the bathroom will likely make you feel fatigued and uncomfortable.

There’s also evidence that detoxing might not serve your mental health. In one Hungarian study researchers interviewed people staying in juice cleanse camps, a sort of health retreat. They found that detoxing was the number one reason cited for the juice cleanse, which was commonly paired with laxatives. Participants’ reasons for detoxing commonly overlapped with indicators of purging

The Only Real Way to Detox Your Body

Page 2 of 2

<https://OptimalHealthSecrets.com/Library/Nutrition/a38-the-only-real-way-to-detox-your-body.pdf>

<https://getpocket.com/explore/item/the-only-real-way-to-detox-your-body>

disorder and orthorexia nervosa, an unhealthy obsession with healthy eating. The risks to long-term mental health may therefore be worse than any immediate physiological risks.

Most of the time, when people say they are looking to detox, what I actually hear is that they want “to hit the reset button,” says Zeratsky. “You can do that with good nutrition.” Cleanses and charcoal aren’t really worth the investment.

So if you do want to ditch the drowsiness and rejuvenate, you don’t need to buy teas and tinctures. Try these tips instead to keep your body’s natural detox system in optimal shape.