**DETOX DIET**

Detoxification (detox) diets are more popular than ever.

These diets claim to clean your blood and eliminate harmful toxins from your body.

However, it is not entirely clear how they do this, what specific compounds they’re supposed to eliminate, and if they even work.

**WHAT IS A DETOX?**

Detox diets are generally short-term dietary interventions designed to eliminate toxins from your body. A typical detox diet involves a period of fasting, followed by a strict diet of fruit, vegetables, fruit juices, and water. Sometimes a detox also includes herbs, teas, supplements, and colon cleanses or enemas.

This is claimed to:

* Rest your organs by fasting.
* Stimulate your liver to get rid of toxins.
* Promote toxin elimination through faeces, urine, and sweat.
* Improve circulation.
* Provide your body with healthy nutrients.

Detox therapies are most recommended because of potential exposure to toxic chemicals in the environment or your diet.

These diets are also claimed to help with various health problems, including obesity, digestive issues, autoimmune diseases, inflammation, allergies, bloating, and chronic fatigue.

**However, human research on detox diets is lacking, and the handful of studies that exist are significantly flawed.**

**THE BOTTOM LINE**

Your body is frequently exposed to toxic substances. However, most of the time, it can remove them without additional help.

While detox diets may seem tempting, their benefits likely have nothing to do with vanquishing toxins, but rather with eliminating various unhealthy foods.

A much smarter approach is to eat healthier and improve your lifestyle rather than go on a potentially dangerous detox cleanse.