Detox Dilemma

Do cleansing diets deliver a healthier you?

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Detox programs promise to remove toxins from your body, increase energy and prompt fat loss—all after a few days of fasting, juicing and dieting. Just what you want...right? Sure, but are cleansing regimens healthy?

“A moderate cleanse may be a step in the right direction, but it won’t fix long-term bad habits,” says Alison Massey, RD, MS, a dietitian at Mercy Medical Center in Baltimore.

The truth is your body is already adept at expelling toxins, and because detoxes restrict your food options, they may be harmful if you have specific dietary needs, Massey explains. Not to mention that many of the programs cause unpleasant side effects such as dehydration, dizziness, fatigue and nausea.

What’s more, some of these popular diets boast benefits without the medical research to back them up.

But talk to your doctor, Massey says. He or she can help you mix the best aspects of a detox into your diet, such as eating more antioxidant-rich fruits and veggies.

After all, what you want are long-term benefits, not just a quick fix.

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