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Debunking Medical Myths: Juice Cleanse Detoxification

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DEBUNKING JUICE CLEANSE DETOXIFICATION

Brown 13: Barna, S., DesChamps, B., Mao, J., Naghdi, A.,
Raja, A., Sulieman, N.

WHAT IS A JUICE CLEANSE?

A juice cleanse is a fad diet that consists of only consuming juices and no solid food. It is often promoted with health benefits such as detoxification.



DO THEY WORK?

No! Researchers state that there is "no compelling evidence to support the use of detox diets for weight management or toxin elimination". The few studies that examine the diet's relationship with liver detoxification are either flawed with bad methodology, conducted on animals, or do not contain enough data. (1)



ARE THEY HARMFUL?

Yes! Potential risks associated with juice cleanse diets include malnutrition, electrolyte imbalance, and decreased kidney function. (1,2,3)



WHAT YOU SHOULD DO INSTEAD?

Developing and maintaining healthy habits, like eating a balanced diet and exercising regularly, offer "greater long-term value than the quick fixes offered by commercial detox diets". (1,5)



CITATIONS

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