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Debunking Medical Myths: Detox Cleanses

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DETOX CLEANSES

What are Detox or "Juice" Cleanses?

Short-term diets of juices of various fruits, vegetables, and/or teas. Often supplemented with laxatives, diuretics, or vitamins.

Supposed Benefits

Weight loss, detoxification, alleviate GI and autoimmune. Promoted by naturopaths, celebrities, and social media influencers.

Lack of Supporting Evidence

Reputable studies show either no benefit or clear harm. Evidence cited by proponents are generally deeply flawed in methodology or anecdotal.

Risks of Cleanses

Protein and vitamin deficiencies, electrolyte imbalances, energy-depletion, lactic acidosis, jaundice, altered mental status, and disordered eating inclinations.

Severe Health Outcomes

Hyponatremia, overdose (if supplemented), liver failure, death. Exacerbated by lack of regulation.