



December 15, 2016 – Grand Rapids, MI

## The Detox Myth: Half Right

As I get ready for the [Facebook Real-Life Detox](#) event in the first weekend in January, I'm going to spend the next two blogs addressing the legitimacy of detox arguments that I've seen on several websites in their year-end health recommendations. When it comes to detox, they get it half right and half wrong. Today, the half right.

During presentations, I often describe some detox programs as something like standing outside on one foot during the full moon while drinking some lemon-pepper-maple syrup concoction with one hand while rubbing your belly with the other. There are some weird recommendations out there.

Then there are the programs that want you to spend hundreds of dollars on detox drinks and supplements containing just about every herb you can imagine. When experts on websites talk about this kind of detoxing programs, they have it correct: these programs aren't based on reality, let alone science.



You don't have a buildup of digestive waste in your system; there's no sludge in your colon or liver or any other organ. The wacko programs include fluids with substances that have nothing to do with detoxification—detox drinks and supplements that don't do anything to detoxify your body. But this approach can have a laxative effect: you eliminate the foods you've eaten in the past 24 or so hours, you feel lighter, and thus, cleansed. You have more energy and thus you feel you're detoxed.

Those who criticize this approach are justified in telling you not to waste your money. But this is half-right. I'll cover what they got wrong in Saturday's post.

Invite some friends to join you in doing [Real-Life Detox](#) with me in a few weeks and take advantage of special pricing on five books.

What are you prepared to do today?

**Dr. Chet**

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