

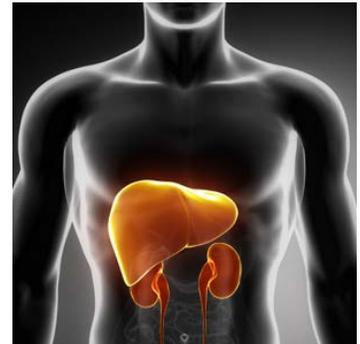
December 17, 2016 – Grand Rapids, MI

## The Detox Myth: Half Wrong

When health experts criticize cleansing and detox programs, they attack the many questionable programs that are touted on the Internet. From colonics to foot pads, their criticism is correct. But they also get it half wrong.

Cleansing is another word for fasting, and there's plenty of research to support a fast of two to four days to improve the immune system. But fasting doesn't mean you get no calories; by definition, fasting is taking in fewer calories than your body needs. To make fasting more efficient, restricting calories to 800 or fewer seems to accomplish that task in several days. Because people eat much less, their digestive systems get emptied, and that gives them a lighter, more energized feeling. Of course you need to eat the right foods and fluids; 800 calories of Snickers bars and Coke aren't going to make you feel like taking on the world.

The detoxification system of the body (primarily the liver and kidneys) is well documented, but research has shown that it works more effectively when the nutrients that support the detoxification system are eaten. The critics get it wrong when they say "the body will detoxify itself quite well." How can your liver and kidneys do their jobs when we don't eat more than two servings of vegetables a day, and those we eat don't contain the nutrients necessary for the detox process to work? You have to have the correct tools to get a job done right.



I think the half-wrong part is much more damaging than what they get right. They recommend ditching the entire approach and just eat a healthy diet, but if we were going to do that, wouldn't we have done it already? Sometimes you need a specific event to help you to put a stop to bad habits and get some better ones started. They also ignore the psychological need for beginning at a specific time—hitting reset and starting over.

Cleansing and detoxing are both legitimate practices when done properly. If you use them wisely, you get it completely right. That's what we'll do together during Detox Weekend: we'll eat the foods that support the work of our liver and kidneys, avoid the foods that get in the way, and give our bodies a fresh start.

You can join me in doing it right January 6 to 8 on the [Real-Life Detox Facebook](#) page. Get some friends to join you and check out my [five-book special](#). Let's start 2017 right!

What are you prepared to do today?

**Dr. Chet**

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