

# DETOX DIETS

## WHAT IS A DETOX?

Detox diets are generally short-term dietary interventions designed to eliminate toxins from your body. A typical detox diet involves a period of fasting, followed by a strict diet of fruit, vegetables, fruit juices, and water. Sometimes a detox also includes herbs, teas, supplements, and colon cleanses or enemas. This is claimed to:

- Rest your organs by fasting
- Stimulate your liver to get rid of toxins
- Promote toxin elimination through faeces, urine, and sweat
- Improve circulation
- Provide your body with healthy nutrients

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