

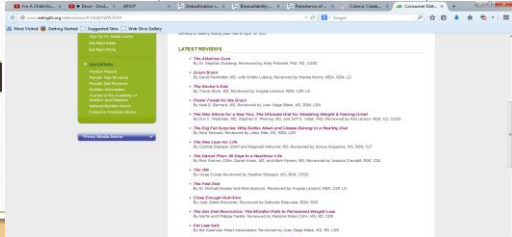
## Detox Diets

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## A Myriad of Books and Articles



## The Academy Features Diets Reviewed by RDs



## Detox Diet Categories

- Liver
- Colon
- Dietary Toxins, Dietary Restrictions, Weight Loss

## Overarching Claims of Detox Diets

1. The body loses the natural ability to detoxify itself
2. Toxins of varying kinds build up (Liver and Colon)
3. These toxins make us sick
4. It is essential we cleanse toxins from the body periodically
5. This promotes optimal health
6. This also promotes weight loss

## Liver Detoxification

**The Simple Liver Detox Formula** by Jennifer Hayes  
*Cleanse Your Body, Eliminate Toxins, and Feel Like a Superhuman!*

### Claims:

1. There are excess gallstones in the liver from processed foods
2. This leads to gut permeability to toxins, muscle pain, allergies, Alzheimer's, heart disease, infertility



## Liver Detoxification Continued

### The Symptoms:

Brown patches on skin, vertical wrinkles between the eyes, oily skin, nose bending to the left, bags under the eyes

### Causes

Over eating, eating between meals, ...hurried lifestyle and watching TV for a long time

## The Diet for Detoxifying the Liver

**6 days:** Drink a Liter of Apple Juice per day (the acid helps soften the gallstones)

**Avoid** all preserved meats, all oils, sugar, preservatives, fats

**Colon cleanse** before and after the 6 days

Epsom Salt (1 tsp in warm water) (Magnesium)

Castor Oil (1 – 3 tsp) in water

**For the next 3 months,** Epsom Salts 3x per day, with squeezed lemon

## Liver Detoxification Synopsis

- The diet cleanse is founded on erroneous assumption about gall stones
- Limited regimen involving juice fasting and colon cleansing
- Avoiding processed meat and added sugars is the only reasonable advice

## Colon Detoxification

### **The Detox Factor: 101 Tips and Tricks to lose Weight Without Dieting** by Angie Newson

Claims:

1. When waste moves too slowly, toxins are reabsorbed in the blood
2. Even if we have 2-3 BMs a day, the colon can still be toxic
3. Additives and preservatives poison our cells, muscles, nerves and glands

## Colon Detoxification: The Diet The Reasonable Recommendations

- Dietary Fiber (broccoli, cabbage, berries, leafy greens and celery)
- Organic Food
- Probiotics (including adding fermented foods like miso, apple cider vinegar, and kefir)
- Chew your Food

## Colon Detoxification: The Diet The End of Reason

Chicken Broth Diet (made from bones, skin, vegetables)

The collagen and amino acids arginine, glycine, proline and glutamine (which we cannot make them when we are "sick").

The Oil Enema, Tongue Scraping, Abdominal Massage

Gluten Free (grains are not supposed to be digested, gluten is a sticky protein promoting inflammation)

Zinc (through cashews, raw cacao, pumpkin seeds)

Intermittent Fasting (5 days of normal eating, 2 days of about 500 kcals)

## Colon Detoxification Synopsis

- The premise of losing weight without dieting (and there are no exercise recommendations) is the basis of this book.
- Increased movement through the colon helps prevent diverticulitis, colon polyps, precancerous lesions
- Increased fiber, pre and probiotic use, and chewing food are sound advice
- Oil enemas and assuming gluten creates a sticky gut is not founded on solid evidence

## Dietary Toxins

### Understanding Sugar Addiction by Pricilla Lea

#### Claims:

1. **Sugar is the new tobacco**
2. Increased risk of diabetes and heart disease
3. Acne (Academy of Nutrition and Dietetics has published an article about this)
4. Yeast infections
5. Depression
6. Cancer

## Sugar is a Toxin: Diet

Date sugar, maple syrup, coconut sugar, honey, agave nectar, stevia are all natural choices to make instead of refined sugar.

## Sugar Toxicity Synopsis

- Tobacco use being addictive has been founded on peer-reviewed research.
- Sugar "addiction" is not.
- Research does support increased blood triglycerides with diets higher in refined grains and sugar
- Research does support a sugar sweetened beverage consumption with acne
- Sugar consumption does not lead to chronic diseases like cancer and diabetes
- Alternate sugar recommendations by the author such as date sugar, honey and maple syrup are also absorbed as simple sugars.

## Overall Synopsis of Detox Diets

- Detoxification Diets are popular on the bookshelves and on the internet
- Claims range from toxins in the body due to gut permeability to reducing disease and health risks through cleanses
- Many detox diets are recommended by untrained authors
- Clients may be a greater risk for significant health problems by seeking advice on detoxification through lay literature

## A Dietitians Thoughts

- Detoxification Diets have become more popular
- It is our role to help our clients understand the benefits of a balanced and varied diet
- Clients that are using detoxification diets may be resistant to change
- Motivational Interviewing and understanding Stages of Change will help clients begin to consider other options to the detox diet they feel is right

Thank You

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