

## ask karen

### DETOX DIETS

**QUESTION:** Are "detox diets" safe and do they work?

**ANSWER:** I have been asked about over-the-counter products that claim to detoxify your body in the past. Doctors have told me that our bodies naturally get rid of toxins. Lately, there has been a focus on "detox diets" with or without any kind of supplement. I did a little checking online and found all kinds of recommendations regarding diet plans that claim to help rid our bodies of toxins.

For added perspective I talked to Ally Bowersock from Jefferson College of Health Science about whether these so called detox diets are safe and effective. She tells me there is a way of eating that helps your body function more efficiently but it involves a lot of what we



already know.

Bowersock says, "You hear all kinds of crazy stories about celebrities and the lengths they go to the 'cleanse' their system. The bottom line is that if you eat foods with fiber and whole grains in addition to whole fruits and vegetables, your body will be able to 'cleanse' naturally."

#### More of Ally's advice:

► The buildup of all the additives and toxins in processed foods, empty calories in alcohol, and insufficient physical activity that leads to the need for "detoxing" in the first place.

► If you can A) Increase your activity, B) Eat whole foods and C) Stay away from processed goods and empty calories, your body will self-regulate.

► She also advises that if you feel so abnormal that something may not be functioning properly even with a healthy diet and exercise, you should consult a physician.

► Karen McNew is a WSLs news anchor. Find more 10 On Your Side Health information, go to [www.wsls.com](http://www.wsls.com); click Lifestyles and then Health.

