

DETOX & CLEANSES



Cleansing is promoted to improve your health by “cleansing” the bowel and detoxifying the body, cleanse specific organs, improve health, recover from overconsumption of food or alcohol, or being a weight management regime.

Claims suggest that cleansing will promote healthy gut bacteria, increase energy and immunity and begin weight loss, however, there is little evidence to support these claims and some forms of cleansing can be harmful.

THE BODY NATURALLY DETOXIFIES

Your body comes with a built-in detoxification system, which is performed consistently. Adding additional “detoxification” can cause serious risks including diarrhea, abdominal discomfort and dehydration, which could lead to electrolyte imbalances.

A balanced diet that meets nutritional needs, including fibre and fluids, is an effective and safe way to achieve your goals of a healthy bowel and weight management.

FACTS

- Your liver and kidneys cleanse your body on a daily basis, by detoxing and removing waste and toxins
- Colon cleanses are not medically useful, and may even do more harm than good
- A balanced diet and regular physical activity is the only way to properly maintain and maximize your health