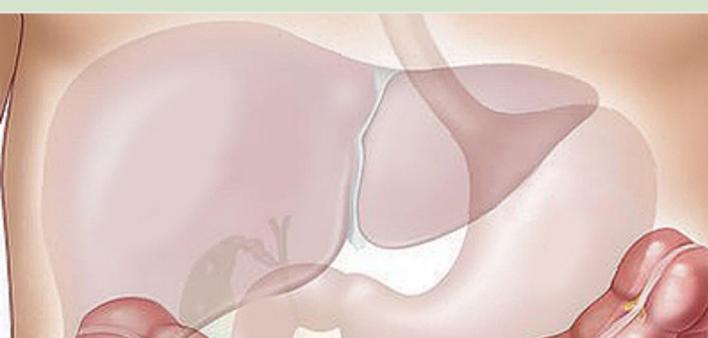


HOW DETOX WORKS



THE ORGANS OF DETOXIFICATION

When talking detox, people typically think about the liver, which is the body's primary organ of detoxification. But, our bodies are designed to detox via multiple pathways, including the skin, the kidneys, and the colon, says Russell Jaffe, MD, PhD. The skin, the body's largest organ of detoxification, absorbs the toxins you put on it and eliminates them through sweat.



THE NECESSARY NUTRIENTS

"Detoxification is a nutrient-dependent process," says Alisa Vitti, founder of FLO Living and author of *WomanCode: Perfect Your Cycle, Amplify Your Fertility, Supercharge Your Sex Drive, and Become a Power Source*.

PHASES I, II, AND III OF DETOXIFICATION

The liver screens every molecule that circulates in our bodies and transforms the toxic ones into harmless, biodegradable substances in Phase I of detox, says Dr. Jaffe. According to Vitti, even "good" molecules like hormones are constantly being broken down in the liver



FEED THE PHASES

"Two of the biggest misconceptions about detoxing are: one, you have to starve yourself; and two, you have to do it once or twice a year," says Vitti. In reality, science shows you need to eat in order to detox — and you can, and should, be doing that every day.



WHAT CLEANSSES AND DETOXES PROMISE

There are tons of different cleanses and detoxes. For the most part, a cleanse and a detox are the same thing. They're typically used interchangeably and have the same basic goals: to remove "harmful" things from your body.



WHAT HAPPENS IN YOUR BODY WHEN YOU'RE ON A CLEANSE

If you drink nothing but juice for a week, you'll lose weight, but it's because you're not eating, not because your body is "detoxing". Water is stored in your muscles with glycogen.

BETTER ALTERNATIVES TO CLEANSSES

So, cleanses don't really do anything productive and a special juice mixture won't remove toxins from your system. That doesn't mean you can't do other things to get your health back on track.



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Sources:

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