Disclosures

- I receive no financial support from commercial, political or any other organization.
- I am currently writing a self-published book that discusses detox diets.

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Objectives

- Define Detox Diet: What exactly does “detox” mean?
- Explore the popularity of Detox Diets: Why is detox so popular? Why is detox routinely included in diets? Do we really need to detoxify?
- Evaluate the effects of a Detox Diet: Do detox diets increase energy? Do detox diets decrease food cravings? Do detox diets support weight loss?

Define Detox Diet: Popular

- Google has a PLETHORA of results
- 13,800,000 hits for “Detox Diet”

Define Detox Diet: Scientific

- Pub-Med has a PAUCITY of results
- 1 hit for “Detox Diet”

Popular dietary fads: how should health professionals respond? Griffin, J. J Fam Health Care. 2003;13(3):65-8. (author is a Registered Dietitian)
Define Detox Diet: We have a Mismatch

Scientific Definitions
- treatment for drug addiction
- colon/rectal preparation for medical test

“Popular” Definitions
- flushes, fasts, colonics
- herbs, teas, supplements
- chelation

What exactly does “detox” mean?

- Detox – noun, from detoxification
- The metabolic process by which substances such as drugs, alcohol, ingested food additives, heavy metals, cigarette smoke, pesticides and other pollutants (aka toxins) are changed into less harmful or more readily excretable substances.

Explore the popularity of Detox Diets: Why is detox so popular?

Match the Celebrity to her Detox Diet du jour

- Kathy Freston’s Quantum Wellness Clean
  - “Master Cleanse diet”, “lemonade diet”, “maple syrup diet”
  - Stanley Burroughs

- Dr. Alejandro Junger
  - “Master Cleanse diet”, “lemonade diet”
  - “maple syrup diet”

Explore the popularity of Detox Diets: Why is detox routinely included?

- Most diets promise Quick Fix, so fast results are expected.
- Diet prior to detox may be so laden with salt, sugar and saturated fat that a strict regimen initially may set the tone for success.
- But this approach may be too drastic for most dieters.

Why is detox routinely included? Is Sugar Toxic?

Sources of added sugars in U.S. diet
- regular soft drinks
- candy
- cakes, cookies, pies
- fruit drinks
- milk-based desserts (ice cream, sweetened yogurt and sweetened milk)
- bakery products (sweet rolls, cinnamon toast)
- www.mypyramid.gov

Why is detox routinely included? Is Dairy Toxic?

- My Pyramid recommends LF or skim dairy 3/day for calcium and vitamin D, but non-dairy sources of these nutrients exist.
- 30 to 50 million Americans, nearly 1 in 10, have lactose intolerance (NIAMS.)
- 0.5 - 1% American adults have milk allergy; IgE antibodies to casein or whey.
- Vegans do not use any dairy products.
Why is detox routinely included?  
Is a high-fat diet toxic?

Type of fat Matters:  
Saturated:Unsaturated

Mediterranean Diet:  
Plant sources of fat as part of healthy diet and active lifestyle.

Why is detox routinely included?  
Is a high-fat diet toxic?

Los Angeles Times  March 22, 2010

Got coconut milk?  
Consumers using coconut-milk products for dairy alternative in the belief that they promote weight loss.  
“Every study links saturated fats, regardless of how short or long chain they are, with heart disease. Saturated is saturated.”

Karol Watson, MD  
Professor of cardiology UCLA Medical Center

Why is detox routinely included?  
Is yeast Toxic?

Material Safety Data Sheet:  
No known Medical Conditions Generally Aggravated By Exposure.

Yeast is normal flora in all humans. Yeast overgrowth does NOT occur from eating yeast, rather from a loss of normal immunity, following antibiotics, illness, chemotherapy, etc.

Why is detox routinely included?  
Is Caffeine Toxic?

Central nervous system stimulant  
Raises heart rate and blood pressure  
Improves mental and physical performance (200 milligrams per day)

Abrupt withdrawal may cause headache

MSDS lowest published lethal dose:  
320 mg/kg = 190 cans cola for 6 year old

Why is detox routinely included?  
Is Gluten toxic?

Celiac Disease in ADA Evidence Analysis Library®  
Medical nutrition therapy provided by a registered dietitian is strongly recommended for individuals with celiac disease.

Rating: Consensus  
Label: Imperative  
Risks/Harms of Implementing: None

Article Worksheets: 156

Why is detox routinely included?  
Is Alcohol toxic?

Moderate diet, regular exercise, not smoking, being healthy weight reduce the risk of heart disease with less potential abusive risk than alcohol. “People don’t get addicted to fruits and vegetables and don’t get into accidents after eating too many apples.” www.usda.gov

MSDS: Warning! May cause liver, kidney and heart damage. Systemic toxicity with acidosis, coma and possible death due to respiratory failure. Adverse reproductive and fetal effects in humans. Laboratory experiments have resulted in mutagenic effects.
Why is detox routinely included?  
What foods do detox diets contain?

- **What?** "Green" wheat, barley and other grasses used in detox diets.
- **Claims?** "Cures diabetes, prevents heart disease, boosts the immune system, detoxifies the blood and liver, promotes weight loss."
- **Bottom Line:** "Nothing could be less natural" No scientific evidence proving the claims. Humans do not need or use chlorophyll or digest grass.  
  
  UC Berkeley Wellness Letter (7/04)

Why is detox routinely included?  
Do “miracle” foods exist?

- Eating foods rich in **anthocyanins** may prevent lifestyle-related diseases.
- **Interactions of all food components provide health benefits not just one phytochemical from the “Berry du Jour”:**

  AICR July 2009

Why is detox routinely included?  
Are additives and preservatives toxic?

- **GRAS list**
- Focusing on healthy "single ingredient" foods from whole grains, healthy fats, fruits and vegetables and foods without added sugars and fats will naturally reduce/limit foods additives and preservatives.

Why is detox routinely included?  
When Organic Matters

The Dirty Dozen:  
Celery, Peaches, Strawberries, Apples, Domestic blueberries, Nectarines, Sweet bell peppers, Spinach, kale and collard greens, Cherries, Potatoes, Imported grapes, Lettuce

The Clean 15:  
Onions, Avocados, Sweet corn, Pineapples, Mango, Sweet peas, Asparagus, Kiwi fruit, Cabbage, Eggplant, Cantaloupe, Watermelon, Grapefruit, Sweet potatoes, Sweet onions

“people who eat mostly organic food reduce 95 percent of pesticides [in their body] in two weeks”

--- Dr. Philip Landrigan, Chairman Department of Preventive Medicine, Mount Sinai School of Medicine, New York.

Explore the popularity of Detox Diets  
Do we really need to detoxify?

Natural detox comes from the body’s **SKILL©**

- **Skin:** protective barrier
- **Kidneys:** filters and metabolizes
- **Intestine:** hostile environments with pH extremes to exclude harmful bacteria
- **Liver:** enzymes to reduce toxicity of substances
- **Lymphatics:** network returning immune cells to the circulation.

[www.DoctorsDetoxDiet.com](http://www.DoctorsDetoxDiet.com)
Evaluate the effects of a Detox Diet: Do detox diets give a person the feeling of increase energy?

Perceived feeling of "increased energy" versus actual change. Science does not support beneficial change in:

1. Basal Metabolic Rate
2. Ability to complete a physical endurance or strength task
3. Muscle mass
4. Weight (long term)

Evaluate the effects of a Detox Diet: Do Detox Diets decrease food cravings?

- Proc Nutr Soc. 2007 May;66(2):277-85. The psychology of food craving. Hill AJ.
- “Dieting or restrained eating increase the likelihood of food craving while fasting makes craving, like hunger, diminish. Attempted restriction or deprivation of a particular food is associated with an increase in craving for the unavailable food.”

Evaluate the effects of a Detox Diet: Do detox diets support weight loss?

A. Hunger scores at each week of the study.


What can RD's recommend? Keep Detox Diets Science-Based and Safe

LISTEN:

- Be on high alert for eating disordered behavior.

- When the RD hears: “I’m cleansing; I’m detoxing; I’m getting healthy.”

- Make sure the client is not saying: "I'm fat, I need to be prettier, fit into a smaller size, I want a quick fix, I am desperate!"

EDUCATE:

- Body’s natural detox systems SKILL©.
- Length of time the body functions safely without food and liquids.
- Fasting or severe food restriction is the least effective way to achieve body fat loss.

- Modify a fast to make it healthier and safer:
- Set minimum calorie levels and maximum time without food. (RD’s do this for clients who observe religious fasts.)
- Do not restrict water/fluids. Body function declines with little as 1-2% dehydration. Encourage 2 to 4 quarts per day.
What can RD’s recommend?  
**Keep Detox Diets Science-Based and Safe**

- Find your client’s style -- some people do well with rules others do not.

- 80:20 RULE: Healthy eating MOST of the time. After an indulgence don’t beat yourself up just get back on track.

- Enlist support from family, friends, or consider partnering with a physician for closer monitoring.

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What can RD’s recommend?  
**Keep Detox Diets Science-Based and Safe**

- Transition to a healthy balanced and moderate plant-based whole grain and vegetable diet.

- Caution against re-feeding binging and feeding frenzies. Don’t let “Detox” disguise a hidden “ED”

- Teach skills to avoid return to same old eating pattern that lead them to poor health.

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Conclusion  
**What Detox Diets ARE:**

- Fad diets associated with celebrities.

- Popular because restrictive diets are easy to follow for the short-term.

- Popular because they align with a “green” attitude or impure environment appeal.

[www.DoctorsDetoxDiet.com](http://www.DoctorsDetoxDiet.com)

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Conclusion  
**What Detox Diets CANNOT DO:**

- Increase energy.

- Cease food cravings.

- Promote healthy long-term weight loss.

[www.DoctorsDetoxDiet.com](http://www.DoctorsDetoxDiet.com)
Conclusion

The body has its own detox systems. SKILL©

The ultimate prescription for healthy weight loss is a variety of plant-based whole foods.

www.DoctorDetoxDiet.com

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THANK YOU!