

Detox Diets from dangerous to safe: What RD's need to know

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Match the Celebrity to the Detox Diet



"Master Cleanse diet", "lemonade diet", "maple syrup diet", popularized by Stanley Burroughs



Clean
Dr. Alejandro Junger



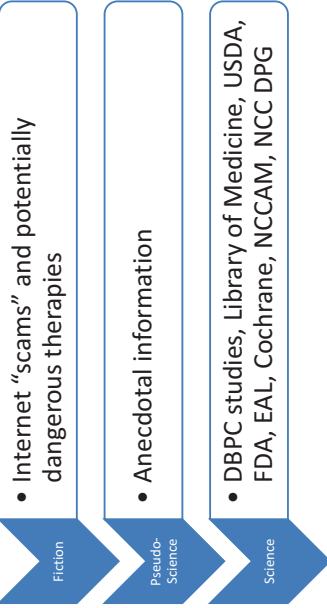
Kathy Freston's
Quantum Wellness

Detox Diets from dangerous to safe: What RD's need to know OBJECTIVES

1. Define "Detox Diet" using :
 - ▶ 3 problems with a restrictive detox diet.
 - ▶ 3 characteristics of a safe detox diet.
2. Use science to disprove the toxin theory.
3. How RD's can transform a dangerous detox diet into a safe eating plan.

Detox Definition:

Where is Detox information?



Google search on Internet

- 13,800,000 hits for "Detox Diet"



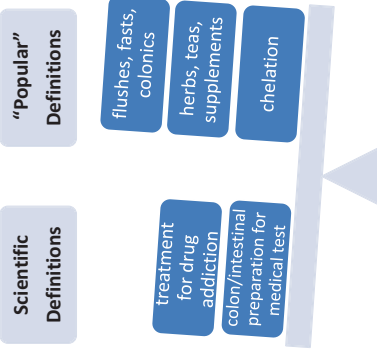
Pub-Med/Library of Medicine search on Internet

- 1 hit for "Detox Diet"

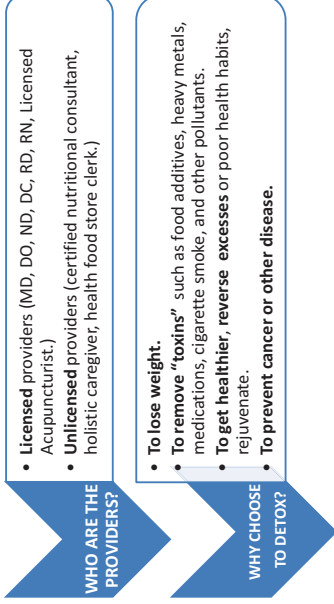
J Fam Health Care. 2003;13(3):65-8.
Health and fitness series--3. Popular dietary fads: how should health professionals respond?
[Griffin J.](#)

a dietitian summarizes the basic physiology of weight loss and discusses three such types of diet: food-combining; "detox"; and the Atkins or high-protein, low-carbohydrate diet, including their physiological flaws and possible adverse side-effects.

Defining Detox: “mis-match”



Defining Practical Detox:



How to “Detox” Popular Detox Diets

- Restrictive diets or fasting**
Raw food diet, Lemonade detox, Juice diets, Clean, Quantum Wellness Cleanse, Candida diet, Lose 21 Pounds in 21 Days, Martha’s Vineyard Diet.
- Detox products**
Master Cleanse (lemon juice, maple syrup and cayenne pepper) Izo Cleanse, Blue Print Cleanse (juice diet,) CUUR weight loss system (570mg of EGCG.)
- Detox herbs, teas, tonics and supplements**
Blessed Herb Internal Cleansing Kit, Res-Q, Orosine, Carnitine, NADH, CM3 Algininate (seaweed derivative,) Hoodia gordonii.

How to Detox Typical Food Restrictions on Detox Diets

- Sugar
- Dairy Products
- High-Fat Foods
- Wheat
- Gluten
- Yeast
- Coffee/Caffeine
- Alcohol
- Food additives and preservatives
- Chocolate

How to “Detox”

- Prescriptions– Prozac, digestive enzymes, Fen-Phen, Clenbuterol, Ephedrine, and Adderall
- Colon cleansing or Colonic Hydrotherapy and enemas.
- Detox shampoos, cleansers, moisturizers, and patches
- Liver flush
- Breathing techniques
- Exercise
- Sauna or heat therapy
- Chelation



How to Detox Internet Detox Program Advertisement

CAROLINA CENTER for Alternative and Nutritional Medicine
Raleigh, NC 27607

First week of treatment (labs and all therapies) **\$3,800.**
Each additional week of treatment \$1,600.

Colon Hydrotherapy and Detoxification

- Modified Fasting - eating no solid food for a specific period of time
- Liver Support - nutritional supplements
- Intestinal Cleansing –
 - Intestinal Bulking Formulas: psyllium and Bentonite
 - Colon Hydrotherapy: process of washing the colon

What the science says Why Not Detox?

- Early fasting: **headaches, mood irritability.**
- Prolonged fasting : **anemia, low blood sugar, irregular heartbeat.**
- Enemas and diuretics: **kidney, liver disorders.**
- Colon cleansing: **weakens immune system, destroys gut micro flora.**
- Excessive mineral supplementation: **organ failure from accumulation in organ tissues.**
- Herbal supplements: **adverse reaction, allergy.**
- Food restriction: **subsequent feeding frenzy.**
- **Death:** from **heart dysrhythmia, bowel perforation.**

ADVERSE EFFECTS

What the science says Detox Supplement Categories of Ingredients

Diuretics: Uva Ursi, Buchu Leaves, Parsley, Mint leaf, Burdock Root, Chicory, Fennel, Marshmallow, Nettle, Saffron, Sassafras, Saw palmetto berries, Skullcap, Spearmint, St. John's wort, Strawberry leaves, Wintergreen, Yarrow

Antioxidants: Cranberry, Juniper berries, Garlic, Ginger Root, Lemon Peel, Hawthorn Berries, Red clover leaf, Irish moss, sage, Noni, Mangosteen, Pomegranate, Grapefruit seed, Apple cider vinegar

Bulking agents (fiber)/ Laxative: Psyllium Husk, Oat Bran Fiber, Barley Rice Fiber, Apple Pectin, Fennel seed, Glucomannan, Alfalfa, Goldenseal, Red Raspberry Leaf, Aloe vera

Metabolism/Energy/Fat burner enhancers: Chromium Polynicotinate, Caffeine, Cayenne pepper

Liver tonic: Dandelion Root, Milk thistle seeds, Artichokes (Cynara scolymus), Rosemary (Rosmarinus officinalis)

Vitamins: B complex, Vitamin C.

Minerals: Zinc, Magnesium, Manganese, Copper, Iron

What the science says FDA Poisonous Plant Database

- "Using uncontrolled herbal remedies carries a high risk for developing renal fibrosis and malignancy."
 - "Aristolochic acid and other unidentified phytotoxins might be responsible for "Chinese herbs nephropathy"
- Am J Kidney Dis, 35(2), 313-318, 2000.



What the science says Do toxins accumulate in the body?

"There is no evidence that detox diets actually remove toxins from the body ... (or) have any health benefits. ... detox diets can have harmful side effects. Most ingested toxins are efficiently and effectively removed by the kidneys and liver and excreted in urine and stool."

Mayo Clinic gastroenterologist **Michael Picco, M.D.:**

What the science says Is Sugar Toxic? Sources of Added Sugars in American 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

What the science says 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.

What the science says Is a High-Fat Diet Toxic?



Type of fat Matters:
Saturated: Unsaturated

Mediterranean Diet:
make wise choices
about the **types** of fat
you eat as part of
healthy food and
activity lifestyle.

What the science says 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*

What the science says 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.

What the science says Is Caffeine Toxic?

- Central nervous system stimulant that raises heart rate, but also improves mental and physical performance.
- Abrupt withdrawal may cause headache.
- **MSDS** lowest published lethal doses:
orally in child is 320 mg/kg = 190 cans cola for a 6 year old.

What the science says Is Alcohol Toxic?

- **“Moderate Alcohol is healthy”**
Balanced 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.

What the science says Are Food 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.**



What the science says

What foods do Detox Diets Contain?



- 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

What the science says

What foods do Detox Diets Contain? "Nothing could be less natural!"



- **What?** "Green" Grasses (wheat, barley, etc.) often used in Detox diets.
- **Claims?** "Cures diabetes, prevents heart disease, boosts the immune system, detoxifies the blood and liver, promotes weight loss."
- **Bottom Line:** NO scientific evidence to back up the claims. Humans **do not need or use chlorophyll** or digest grass.

UC Berkeley Wellness Letter (7/04)

How do Registered Dietitians Define and Use Detox Diets?

Detox survey of 99 R.D.'s

6 question survey on SCAN LIST SERVE

March 2009

99 RD respondents



Detox survey of 99 R.D.'s

Question 1: Do you think detox diets are useful for ridding the body of harmful chemicals?

Total = 99 (100%)
Yes = 20 (20%)
No = 79 (80%)



Detox survey of 99 R.D.'s

Question #2	
Which are examples of detox diets?	
Complete fasting with water and other non-calorie fluids	81%
Fasting with only vegetable or fruit juices and broths	79%
"Cleaning up" the diet by omitting refined sugars and refined grains	42%
Eliminating all processed foods in the diet	46%
Other, please specify:	12%

Detox survey of 99 R.D.'s

Question #3	# / %
I recommend detox diets to my clients	
never, I do not believe in them	45 / 45%
rarely, I think they have limited benefit	15 / 15%
often, I think clients benefit	18 / 18%
usually, detox diets are a practice most people should use to get and stay healthy	21 / 21%
Total replies	99 / 100%

Detox survey of 99 R.D.'s

Question #3 "other" write-in replies

Never, it's a **waste of time and money**

Most people are looking for a quick fix to make up for a poor diet. A few days of detox isn't going to undo poor diet

Why a **special name like "detox"** for overall **healthy eating**

Never, our **livers and kidneys** do a fine job with getting rid of **toxins** in our bodies.

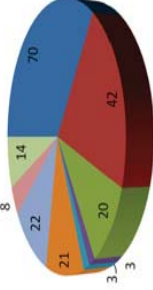
Fasting is an unusual recommendation.

Detox survey of 99 R.D.'s

Question 4: Detox diets:

check all that apply (203 selected)

- can be harmful or fatal n=70
- help a person lose weight quickly n=42
- rid the body of harmful chemicals n=20
- can be followed as long as desired n=3
- help a person lose body fat quickly n=3
- give a person renewed energy n=21
- restore health when a person has been eating poorly n=22
- reverse diseases in the body n=8
- Other n=14



Detox survey of 99 R.D.'s

Question 5

I feel that I am trained to teach the use of detox diets

Yes

14 / 15%

No

78 / 85%

Total replies 92 / 100%

Detox survey of 99 R.D.'s

Question 6

Registered Dietitians should be trained to use detox diets with their clients?

Yes

40 / 45%

No

49 / 55%

Total replies 89 / 100%

Question #6 write-in comments

Only if they are soundly **backed by research.**

Goes against what we **know scientifically**. The **body has natural detox mechanisms.**

We should **know what the limitations are**. This is something **people want to know about** whether we believe in it or not.

While I do not believe in detox diets, **many individuals do**. As **nutrition experts, we can only guide them with facts and** hope they make the right decisions.

Detox survey of 99 RD's

Question #6 write-in comments

A modified version that isn't just pushing products to make \$\$ and is **EVIDENCED BASED** since people are interested and RDs should be the ones giving out **ACCURATE** info.

if this is **evidence based**.

If Dietitians don't take a lead here, we will really miss out. There are **many other holistic practitioners already stepping in**.

Detox diets can be **unsafe, harmful, and distract people from healthy eating practices**.

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

- **LISTEN:** When the RD hears: "**I'm cleansing; I'm detoxing; I'm getting healthy,**" make sure the client's voice inside is not saying: "**I'm fat; I need to be prettier and fit into a smaller size.**"
- **EDUCATE:**
 1. Body's natural detox systems.
 2. Length of time the body functions safely without food.
 3. Fasting or severe food restriction is the least effective way to achieve body fat loss.
 4. Set limits for clients to keep it safe.

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

- **80:20 RULE:** Encourage clients to eat healthy **MOST** of the time, and after an indulgence, advise these simple steps:
 1. Drink adequate water to hydrate.
 2. Eat a balanced diet.
 3. Get a good night's sleep.
 4. Don't beat yourself up! Get back on track.

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

- IF a client insists on fasting:
Suggest ways to **modify the fast to make it healthier and safer**, such as minimum calorie levels, maximum time without calories. (RD's do this for religious fasts.)
- Some people do well with "rules" others do not.
- Consider partnering with a physician.
- **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

- **Transition to a healthy balanced and moderate diet** relying on whole grains, fruits, vegetables and lean protein foods from accepted sources.
- **Caution against binging** and feeding frenzies with re-feeding.
- Teach client to **avoid returning to the same old eating pattern** that lead them to feel unhealthy.

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

- RD's are experts on the potential dangers of dietary restrictions. **Know your client's needs.**
- RD's are **experts on the nutritional needs of individuals.**



Detox Diets from dangerous to safe: What RD's need to know Review of objectives

1. Define "Detox Diet" using :
 - ▶ 3 problems with a restrictive detox diet.
 - ▶ 3 characteristics of a safe detox diet.
2. Use science to disprove the toxin theory.

Conclusion

3. RD's are the food and nutrition experts.



My Sincerest Thanks to ALL! Especially,

- Massachusetts Dietetic association, Frances Konstatlaklis,
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- All the RD's who completed the survey and helped me learn how to design a better tool!