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## Debunking Medical Myths: Detox Cleanses

Cyra Kharas

Wayne State University School of Medicine, fv5305@wayne.edu

Robert Leone

Wayne State University School of Medicine, gf9097@wayne.edu

Mihika Sridhar

Wayne State University School of Medicine, hl8096@wayne.edu

Sophia Gandarillas

Wayne State University School of Medicine, hl8234@wayne.edu

Paul Villa

Wayne State University School of Medicine, hl9226@wayne.edu

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# DEBUNKING MEDICAL MYTHS

## DETOX CLEANSES



### What are Detox or "Juice" Cleanses?

Short-term diets of juices of various fruits, vegetables, and/or teas. Often supplemented with laxatives, diuretics, or vitamins.

### Supposed Benefits

Weight loss, detoxification, alleviate GI and autoimmune. Promoted by naturopaths, celebrities, and social media influencers.



### Lack of Supporting Evidence

Reputable studies show either no benefit or clear harm. Evidence cited by proponents are generally deeply flawed in methodology or anecdotal.



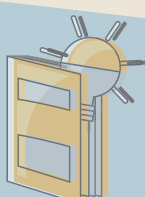
### Risks of Cleanses

Protein and vitamin deficiencies, electrolyte imbalances, energy-depletion, lactic acidosis, jaundice, altered mental status, and disordered eating inclinations.



### Severe Health Outcomes

Hyponatremia, overdose (if supplemented), liver failure, death. Exacerbated by lack of regulation.



Leone, R  
Gandarillas, S  
Sridhar, M  
Kharas, C  
Villa, P

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