



August 19, 2009 – Grand Rapids, MI

## Cleanse or Detox?

I'm asked regularly about detox and cleansing programs. Yesterday someone asked what the difference between them was. Here's the simple answer.

**Detoxification** or detox is the process your body uses to get rid of undesirable substances. They vary and can come from food, the environment, or medications, but we lump them all together and call them toxins. The detox organ in your body is your liver. As long as you give it the right nutrients, it will do what it's supposed to do without you doing anything exotic. The key nutrients? Phytonutrients found in cruciferous and allium-containing vegetables—broccoli and garlic are examples of each—along with antioxidants from fruits and vegetables or dietary supplements. Nothing else is necessary. No showers. No saunas to sweat things out. Just eat the right nutrients.

**Cleansing** is most simply defined as emptying your digestive system and starting over. Depending on your size and how much you eat, you have between 2 and 15 pounds of food in your digestive system at any one time. Sounds like a lot, but it's normal—your body needs time to extract all the good stuff from the food you eat. If you don't eat the best diet, some foods high in fat and refined carbohydrates can take longer to digest especially when eaten together. A cleanse just lets your digestive system take a break and get cleaned out; you can take one weekend to cleanse your system and feel great by Monday morning. You'll weigh a few pounds less, but don't get excited—as soon as you start eating again, the weight will come back. If you want a simple colon cleansing program, check out the Research Update section of my website, [drchet.com](http://drchet.com)—you'll find info on colon cleansing, interval training, taurine, calcium, and more.

What are you prepared to do today?

*Dr. Chet*

---

### Straight Talk on Health

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* at 7 p.m. Sundays in the Eastern Time Zone on WGUVU-FM 88.5 or 95.3.

---

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

Subscribe to the Message from Dr. Chet at [DrChet.com](http://DrChet.com) — © Chet Zelasko, PhD LLC