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C'mon, People! Detox on TV

Where I work out at the gym, there's a panel of televisions. I usually never listen to anything, but I happened to see a teaser for a detox program that was going to be presented on a national morning news show. They promoted the segment at every commercial break; after 40 minutes or so, I had to see what the big deal was. The presenter was an author of a beauty detox diet, and it seems everyone who is anyone in Los Angeles has been her client at one time or another.

I know that talking out loud when you're in a public situation like this, especially when people may not be listening to the same thing, is frowned upon—and I don't want to be known as the crazy guy who yells at the TV—but I was so incensed, I know I kept saying out loud, "You've got to be kidding me!" as I watched this horror unfold. Why? Out of all her many statements, there wasn't much of anything that she got right about the detox process except one: the liver is our primary detox organ.

Let me give you just one example. She said several times that the liver is the primary fat-burning organ in the body. The liver does use more energy than any other organ, but it doesn't favor any single fuel. Why not? Because it processes and makes fuel from the food we eat and uses whatever is handy to fuel itself—fat, carbs, both fat and carbs, the glycogen stored in our muscles, or as a last resort, protein. Which fuel it uses really depends on the last time you ate. Typically the liver uses about 30% of the body's total calories every day, but it's very, very rarely all fat.

C'mon, people!

This is basic human physiology and biochemistry. If this expert doesn't know that, what else doesn't she know? There's no filter for the Internet and, evidently, none for morning news shows either. For more on what the detox expert didn't know, listen by clicking on this link or go to the Current Message page at drchet.com.



What are you prepared to do today?

Dr. Chet

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