

DETOX and CLEANSE

NEED TO KICK ANY VICES TO THE KERB? TO DETOX OR NOT TO DETOX, THAT IS INDEED THE QUESTION.

Detox programs have been embraced by celebrities for years as a great way to lose weight, raise energy levels and revitalise the skin.

But as detoxing gains more popularity, it is receiving more criticism for being unhealthy and depriving the body of necessary vitamins and nutrients.

The theory of detox stems from the belief that certain foods are toxic to the body and eliminating them will make the digestive system work more efficiently, resulting in burning off more calories, more quickly. Your body also becomes reprogrammed in the process to not crave sugars or salt, which means you'll be less likely to reach for chocolate or chips.

Most detox programs cut out all caffeine and alcohol, recommend drinking at least two litres of water a day

and suggest eating leafy, green vegetables and subsisting on as much organic or raw food as possible.

Some more serious detox programs encourage protracted starvation and large doses of vitamins, which many dietitians say can have serious health risks and slow your metabolism.

It is difficult to generalise detox because there are so many programs that differ greatly. But you should never enter in to a detox program without doing a little research first. Before choosing a program, you need to investigate what it is claiming to do and find any evidence that backs it up. Many detox programs claim to cleanse the liver but, in reality, one of the liver's main functions is to cleanse itself.

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