

Published based on [Prepare Yourself For A Detoxification](#)

Prepare Yourself For A Detoxification

Detox plans are supposedly to help clean out the system and many people think they will lead them towards [lose fat naturally](#) if they try these diets, but a person should know that everything that these plans claim is not always honest and can in fact be outright false so anyone attempting one of these plans should be careful and no some of the facts. What follows is the real story.

Detox plans are not recommended for teens. Normal teenagers need lots of nutritional goodies. For them to maintain their energy and health they must take in a healthy amount of food daily. So diets that involve fasting and severe restriction of food are not a good idea especially for teens who are involved in sports and physical activities that require ample food, fasting does not provide enough fuel to support these activities and for these reasons, [detox diets](#) can be especially risky for teenagers.

Detox plans aren't for people with health conditions. Detox plans should be avoided if you are pregnant or have an eating disorder.

Detox plans can be addictive. People get very emotional when it comes to the things that they eat. Someone can get a rush from the idea of using one of these detox diets just like any other foreign substance can do. Being addicted and needing something for relief is not conducive to a healthy lifestyle.

Detox supplements can have side effects. Frequent trips to the bathroom is one of the things that many people will face when taking these pills or drugs for a detoxification. Laxative supplements are never a good idea because they can cause dehydration, mineral imbalances, and problems with the digestive system.

The weight that is lost is not the right kind of weight. When you do not eat, there will be some weight loss.

Instead of getting rid of the flab, the person is losing fluid or muscle tissues. Not only will a person not keep the weight off, they will probably gain more back.

Following one of these programs is a temporary change. In addition to causing other health problems, fasting for long periods can slow down a person's metabolism. A slower metabolism means that a person will struggle with their weight even more.

A [detox diet](#) can help a person start a weight loss plan and if a person is careful and aware of all of the potential pitfalls, there are some upsides to these plans, but they are not the only way to help a person get fit and healthy. You can choose something else.

There is nothing wrong with some of the dietary aspects of these plans. Those foods are only one part of a healthy eating plan that everyone should follow. You definitely shouldn't start a detox plan or stop eating from any major food group without talking to your doctor or a registered dietitian.

People do not need a special diet to cleanse themselves. Our organs were designed to do this on their own. The key is to eat a healthy diet that includes fiber, fruits, veggies, and plenty of water. If you're feeling tired or run down, or if you're concerned that you're overweight, talk with a doctor who can help you determine the cause and recommend ways to address the problem.

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