DEMOCRACY and freedom are their own nemesis in a world which has become overly materialistic as the one we live in today.

Abuse of the free enterprise system brought on by greed and utter disregard for human well-being and safety is most evident even in the health sector.

For the mighty dollar, some scientists, physicians and other allied healthcare providers, included, close their eyes to scientific facts, or lack of them, and provide fraudulent testimonials to promote products or therapies that are patently without medical basis in efficacy and safety.

At the end of this spectrum are the unsuspecting and ignorant consumers, spending their hard-earned money for the “promise of a cure or better health,” which would not be forthcoming.

The greater tragedy falls on those who suffer from the complications and side-effects of these fraud or scam.

In the end, the only ones who get healthier from all this are the bank accounts of these unconscionable entrepreneurs in this multi-billion dollar industry of food supplements and pseudo “health” therapies.
Detox diets are useless and also very dangerous

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What are examples of these fraud and scams?

There are dozens of them, including, but not limited to, food supplements (pills, exotic fruit juices, etc., claimed to prevent or cure conditions from in-grown toenails, to fatigue, high blood pressure, diabetes, heart attack, to stroke and cancer), alkaline water and water ionizers to produce it, rapid fat-burner diets, energy drinks, fast weight loss diets, colon cleansing for detoxification, detox diets, chelation treatments to dissolve plaques in blocked coronary arteries of the heart, drugs and creams to enlarge breasts and penises, herbs to cure potency and increase sex drive and performance, etc.

There are many others, and all of these are invariably not approved by the U.S. Food and Drug Administration, although some bold firms, use wordings and semantics of deception to hint their products are.

What is a detox diet?

This is an extreme diet plan being marketed by enterprising businessmen pseudo scientists which supposedly can detoxify and flush toxic substances out of the body.

It is also promoted as a means of losing excess weight, which is popular among Hollywood stars and other celebrities.

The theory being used by these profit-motivated entrepreneurs is that the body needs help in getting rid of harmful toxins in our body caused by cigarettes, excess alcohol, drugs, processed foods, high carbs and high fat foods we ingest, environmental pollution and contamination, and our bad habits, like lack of exercise and stress management.

Is there any scientific basis for the detox diet?
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No, there is absolutely no medical rationale or scientific basis for the detox diet.

Scientists, clinicians and nutritionists state detox diet is not necessary, not effective, potentially harmful, and really not scientifically proven to work.

Frank Sacks, M.D., a leading epidemiologist at the Harvard School of Public Health, says, “There is no basis in human biology that indicates we need fasting or any other detox formula to detoxify the body because we have our own internal organs (skin, liver, kidneys, colon, etc.) and immune system that take care of excreting toxins.”

Washington University nutrition director, Connie Diekman, RD, stated “the underlying principle of detox diets and the selling of questionable products raises a red flag, Detox diets prey on the vulnerability of dieters with fear tactics while gaining financially by selling products that are not necessary and potentially dangerous.”

Indeed, consumers, always beware!

What is in a detox diet?

Most of the various detox diet plans recommend ultra-low calorie fasting, with added small amount of water, vegetables, fruits, some supplements.

Others use enemas and colon-cleansing, powders, herbs, pills.

To the well-informed, the detox diet plan is glowingly unphysiologic and dangerous.

Most of these detox diet plans are on the author’s website, which is basically deceptive.
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Unfortunately, perpetrators like these thrive on the fears, ignorance and gullibility of the consumers.

Is there a healthier alternative?

Yes, there is.

To pre-empt the condition(s) from developing, by prevention, is much better and lesser expensive than to treat them.

Healthy lifestyle as early as in our infancy, in the crib, is the best way to protect the DNA and prevent the so-called “natural, normal and expected” diseases of the middle and old age.

These, including obesity, and other common diseases (high blood pressure, arthritis, diabetes, heart disease, stroke, cancer, etc.) are not really natural, normal and expected.

They can be prevented from victimizing future adults.

As I described in my book, mentioned above, protecting the DNA from the womb and in the crib, will “exempt” future adults from getting the common diseases we adults today have.

They do not have to acquire them and suffer like we are.

Healthy lifestyle, where dieting should start in the crib (a medical concept not emphasized and not popular yet) is the proper way, the only way, if we are to prevent diseases and have a healthier citizenry and society.
What are the ingredients of a healthy lifestyle?

The basic and fundamental principle of a healthy lifestyle is our love and respect for our body, after our parents have protected our DNA starting from the womb and in the crib.

Diet, physical exercise and stress management are the main ingredients.

A healthy diet consists of lean protein, legumes, vegetables, nuts, whole grains, fruits, low-fat and low carbs, all within the calories that fit our age, situation, medical condition (usually between 1,500 to 2,000 calories, or as prescribed), and NO processed foods, junk foods or soft drinks of any kind, especially for children.

Daily physical exercise, even brisk walking, is essential.

Managing stress and relaxation are vital components, and so with abstinence from tobacco and disciplined alcohol intake.

Scheduled medical and dental checkup are likewise a part of an overall healthy lifestyle.

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