



MYTH BUSTER MONDAY

**MYTH:
YOU SHOULD GO
ON A DETOX DIET
AFTER HOLIDAY
EATING**

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Fact: There is no research to support the need (or benefits) for a "detox diet" or juice cleanse.

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**Fact: "detoxing"
is the job of your
kidneys,
digestive system,
liver, and other
organs.**

If holiday treats made you feel tired and sluggish, try these tips instead of a rigid detox:

- Stay hydrated, and drink water throughout the day
- Have a serving of vegetables at each meal
- Choose fiber-rich carbohydrates, like whole grains
- Bonus: have a serving of fish for dinner