MYTH: YOU SHOULD GO ON A DETOX DIET AFTER HOLIDAY EATING.
Fact: There is no research to support the need (or benefits) for a "detox diet" or juice cleanse.
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