

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