

# DETOX 101

**CHARMAINE D'SOUZA**, *nutritionist and head of RRO Wellness Programme in Mumbai, answers your detox FAQs*

**What is detoxing? What indicates that it is needed?**

Detoxification is the removal of stored toxins from the blood, liver, kidneys and bowel, and from body fat. Our body detoxifies itself all day long, especially while we sleep. A raw-food or juice diet aids detoxification. Drinking an additional litre of water also helps. A decrease in energy levels, sallow complexion, aching body, inability to concentrate, water-retention and decreased urination, all indicate that your body needs a detox.

**Is there a link between weight management and detoxing—can this be potentially harmful?**

A detox diet removes excess water from the body along with toxins. A weight-management programme is therefore essential. Detox can be harmful if it is followed for a long period, because it can upset the balance of electrolytes in the body. That's why it needs supervision.

**How do you decide which therapy suits the client?**

Diets prescribed are based on naturo-pathy, so each detoxification is specific to your health condition. An alcoholic/chain-smoker will require a hardcore detox while someone with a migraine may need only a partial detox.

**How long should the treatment continue?**

A partial detox is prescribed for seven days; a hardcore detox for three days maximum.

**Is it combined with any other diet or lifestyle specifications?**

Avoid alcohol and cigarettes while on the detox and include therapeutic water, such as a litre of water infused with five whole star anise, to be consumed from morning until 7pm.

