

Title:

Detox Diets ~ The Next Diet Fad

Word Count:

404

Summary:

If you have been on the diet front lately, you have probably heard of detox diets. Basically,

The premise behind detox diets is that your body is full of toxins, many of which come from th

Keywords:

detox diets, toxin, colon cleansers, enemas

Article Body:

If you have been on the diet front lately, you have probably heard of detox diets. Basically,

The premise behind detox diets is that your body is full of toxins, many of which come from th

It is important to understand that detox diets are not really designed for weight loss; instea

For the most part, the diets are meant to be relatively short term, or at least the most strin

While healthy people may be able to go on a detox diet, not have any complications, and potent

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