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## **The Risks of Fasting Programs**

Experts report that popular detox diets that promise to flush poisons from your body, purge pounds of excess fat, clear your complexion and bolster your immune system may not do anything more than lead to unpleasant and unhealthy side effects.

The idea of detoxifying or purifying the body of harmful substances has been around for centuries. Nutrition experts are sounding the alarm over risks from lengthy or repeated fasts. Vitamin deficiencies, muscle breakdown and blood sugar problems can be some of the serious and unpleasant side effects of these plans.

Lona Sandon, a Dallas, Texas dietitian and spokesperson for the American Dietetic Association says depriving the body of the vitamins and minerals we get from food can actually weaken the body's ability to fight infections and inflammation.

While people can quickly drop pounds on this diet program the majority regain all the weight they lose on any diet. A recent article in American Psychologist reports that up to two-thirds of people regain more weight than they lost within four or five years .