

Feature Article

6 Reasons You Need to Detox

By Mark Hyman, MD

Millions of us, over half the population, suffer from FLC Syndrome. That's when you Feel Like Crap. Sometimes it's annoying little symptoms such as achy joints or muscles, brain fog, fatigue, headaches, allergies or gas, or more serious problems such as autoimmune diseases, migraines, asthma, acne, irritable bowel, reflux, arthritis or worse.

A detox could be your solution to these and other problems. Now, I know that the word "detox" has bad connotations. You might imagine drinking some weird concoction, being constantly hungry, having to run to the bathroom all the time, or otherwise suffering and depriving yourself.

When I use the word "detox," I mean a scientifically designed medical detox from sugar, and all things that turn to sugar. The fun part is that it's done simply by taking out the bad stuff and putting in the good stuff – lots of good stuff. Maybe I should call it The Feel Good with Good Stuff plan!

I can think of a thousand benefits of detoxification, but let's take a look at these six:

- 1. You feel better.** When you detox, you wake up feeling vital, vibrant, alive, joyful, and full of energy. Most of us don't connect what we're eating to how we feel. In the 10-day "feel good with good stuff" plan—the program in my book, *The 10-Day Detox Diet*—you will learn how you have put up with needless suffering. Feeling good is only a few days away.
- 2. You lose weight.** The verdict is in: sugar calories are worse than whole food calories. Sugar spikes insulin and triggers inflammation, a double whammy guaranteed to mess up any attempt at long-term weight loss. When you detoxify, you eliminate nasty toxins (including sugar!) that hold your weight hostage.
- 3. You nix cravings.** Sugar and flour are biologically addictive. The science behind it is clear and conclusive. Yet we blame the fat person for being a lazy glutton, which leads to shame and guilt. I am here to tell you it's not your fault. Your biology has been hijacked by the food industry. Sugar is eight times more addictive than cocaine. If you are trying to use willpower to lose weight, you will fail. A detox allows you to unhook yourself from the addictive power of sugar, flour, and hyper-processed, hyper-palatable food-like substances.
- 4. You eliminate food sensitivities.** An intelligently designed detox will also eliminate foods that your body might be reacting to, causing inflammation and many other symptoms. The two most common and harmful food sensitivities are gluten and dairy.
- 5. You get a reboot!** All of us stray from living in a way that supports our health: too little sleep, too little exercise, too much bad food, too much stress, and not enough time for ourselves. The best way to reset your life is with a detox. Simple, delicious foods. No toxins or drugs, by which I mean sugar, flour, processed foods, caffeine or alcohol.

6. You have better sex. Sex hormones, toxicity, and a healthy insulin balance are more intimately linked than you might think. We've been conditioned to believe that low sex drive and other symptoms become normal as we age. They don't. When you detox, you eliminate toxins – including sugar – that create hormonal imbalances and wreak havoc on your metabolism.

I do The 10-Day Detox Diet four times a year—not to lose weight, but to reboot my life. It's like a vacation without going anywhere. For me it's a form of self-created paradise. I hope it is for you, too!