

'Detox' is a myth

There is no evidence that widely used 'detox' products have any benefit.

The British charitable trust Sense about Science reviewed 15 products, from bottled water to face scrubs, and found that their detox claims were 'useless'. For those who have overindulged over the festive season, a good night's sleep, tap water and a healthy diet is the best way to rid yourself of that bloated, unhealthy feeling.

The investigation, done by research members of the Voice of Young Science network, was kicked off by a campaign to unpick 'dodgy' science claims - where companies use phrases that sound scientific but do not actually mean anything.

They challenged the companies behind products such as vitamins, shampoo, detox patches and a body brush on the evidence they had to support the detox claims made.

One researcher investigated a Garnier face wash that claims to 'detoxify' the skin. In fact it does nothing other than remove dirt, old make up and skin cells - which it should do as a face wash.

A commercially available 5-day detox programme of supplements sold by Boots, UK was also investigated for its claims to flush away toxic compounds from the body. The healthy diet recommended alongside the supplements would probably make you feel better, according to researchers, but would have nothing to do with the supplements, which had no effect on 'toxins' in the body.

Your body has excellent 'detoxing' mechanisms of its own and there is no evidence that any supplements, even drinking copious quantities of water, will aid in that process.