



It seems we can't check our social media feeds or news sites without seeing a post or ad for detox diets or cleanses. These plans and products promise to flush out toxins, jumpstart weight loss, and give you glowing skin—all in just a few days! With pictures of vibrant juices and gorgeous influencers, it's easy to get swept up in the hype. But before you stock up on powders, pills, and apple cider vinegar, let's take a closer look at what your body really needs to stay healthy.

First things first: your body is already equipped with a top-notch detox system. Your liver, kidneys, lungs, and even skin are working around the clock to keep your body clean and balanced. They filter out harmful substances, process waste, and do a pretty amazing job of it, too. So, the idea that you need a special diet or cleanse to “detox” is a bit misleading.

One of the biggest detox myths out there is that juice cleanses can magically wash away all your body's impurities. While sipping on fresh juice isn't harmful, living on nothing but juice for days on end isn't the miracle cure it's often made out to be. In fact, it can leave you feeling tired, hungry, and missing out on essential nutrients like protein and healthy fats.

Another popular trend is detox teas, often promoted as quick fixes for bloating or weight loss. But many of these teas often contain laxatives, which can cause dehydration and upset your stomach—not exactly the path to wellness!

So, what really works? Instead of falling for flashy detox fads, focus on habits that genuinely support your body's natural detox process. The truth isn't as enticing as the ads, but your two best detox friends are fluid and fiber-rich foods - they're literally nature's detox mechanisms. Drink plenty of water or other unsweetened beverages to stay hydrated, eat a balanced diet full of fruits and veggies, whole grains, beans, nuts, and seeds, and get enough sleep to allow your body to repair and recharge. Regular physical activity, of course, also helps keep everything moving smoothly, from your digestion to your circulation.

Remember, the best way to keep your body healthy and happy isn't through extreme measures, but through sustainable, everyday practices. The next time you see a detox trend pop up in your feed, take it with a grain of salt—and maybe a glass of water. Your body's already got this!

Sweet and Sour Cabbage Salad



Cruciferous veggies like cabbage are high in water and fiber, and also contain sulfur-containing compounds that may help boost your body's natural detoxification process.

Ingredients:

- 4 cups shredded red or green cabbage (or a mix of both)
- 1 carrot, julienned or shredded
- 1/4 cup slivered almonds, lightly toasted
- 1/4 cup slivered dried apricots or golden raisins
- 2 green onions (also called spring onions or scallions), thinly sliced on the diagonal

For the Dressing:

- 1/4 cup freshly squeezed orange juice
- 2 tablespoons apple cider vinegar
- 2 tablespoons olive oil
- 1 teaspoon Dijon mustard
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

In a large bowl, combine the cabbage, carrot, almonds, dried fruit, and green onions.

In a small bowl or jar, whisk together the dressing ingredients until well combined.

Pour the dressing over the cabbage mixture and toss until everything is evenly coated.

Let the salad sit for at least 15 minutes to allow the flavors to meld. You can also refrigerate it for a few hours if you prefer a colder salad.

Give the salad one more toss before serving. Enjoy!