

Body cleanses: Don't believe the hype

SOT

Dr. Andrew Zasada, OSF HealthCare internal medicine physician

"When you put stuff that's not really regulated in your body, you don't know what's going in. And if you mix in your regular medicine, too, you're not doing yourself a favor." (:10)

SOT

Dr. Andrew Zasada, OSF HealthCare internal medicine physician

"It causes irritation of the lungs which can be permanent and cause scarring. It can cause you to be short of breath. It's called silicosis. It's similar to what coal miners get when they inhale coal dust. People die from silicosis every year." (:19)

SOT

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"There have been a few studies that showed that it lowers cholesterol. But at the same time, we don't know what else that patient may have eaten because it was a poorly designed study. Was the silica responsible? Was it dietary? We simply don't know." (:17)

SOT

Dr. Andrew Zasada, OSF HealthCare internal medicine physician

"Some people believe we all carry some type of parasite, and we need to deworm ourselves. If you really think you have an intestinal parasite, see your doctor. The test is simple. If you do, in fact, have a parasite, it can be eliminated." (:27)

SOT

Dr. Andrew Zasada, OSF HealthCare internal medicine physician

"We've been around as a species for hundreds of thousands of years without colon cleanses, and we've done pretty well," he quips. (:08)