

BROADCAST- Cleaning up the facts about juice cleanses

ANCHOR LEAD-IN:

TikTok is full of videos from influencers and others touting the benefits of various juice cleanses. One of the biggest claims is that a juice cleanse can remove toxins from your body. But an OSF HealthCare doctor who specializes in gut health says don't believe everything you see on TikTok or other social media platforms.

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OSF Gastroenterologist Omar Khokhar (KOH-car) says there's no data to support that a juice cleanse is good for you – that it helps improve your digestion or gut microbiome.

"I don't know of any data that shows that a juice cleanse will preemptively remove toxins. That being said, if you reduce the amount of overall chemicals or ingredients that you're ingesting, you may have less toxins going in and thereby being metabolized and then excreted." (:21)

Dr. Khokhar also warns that if you're going to do a juice cleanse, ask your primary care provider first because some cleanses can have a bad interaction with medications. He also suggests limiting any cleanse to no more than 72 hours.