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Journal of Preventive Medicine and Holistic Health

Journal homepage: <https://www.jpmmh.org/>

Editorial

Detox water helps in weight reduction: myth or truth

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ARTICLE INFO

Article history:

Received 28-05-2023

Accepted 06-06-2023

Available online 07-06-2023

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Keywords:

Detox water

Energy

Detoxification

Weight loss

Diet planning

Detox water is one of the most popular dietary practices among a few people, mainly obese. It means a person can reduce toxins, rejuvenate with fresh energy, and have health benefits such as belly fat loss, skin, and hair health. Total water intake should be approximately 3 to 3.7 liters per day but may vary subject to climate, exercise, gender, and other health conditions. Detox water is a self-explanatory word/phrase that signifies that some detoxifying ingredients are added to water for the need of choice or as a daily diet. However, there is a lack of scientific evidence to show that such detox water reduces weight. In health science, four grades of toxicity can harm the human body. Irritating status is the marker to assess the toxicity level in the human body. Biological, behavioral, chemical, physical, and radioactive toxicities attack the human body externally and internally. Proper hydration is essential to cope with the toxicities, in addition to a balanced diet rich in all vitamins and minerals proportionately. Hydration is drinking plain and other mixed water, adding fruit extracts, fruit juices, herbs, lemons, aloe vera, amla, chia or flax seeds, berries, etc. Turmeric, honey, cumin, ginger, triphala, and haritaki are popularly used

detox ingredients in many families in India, Bangladesh, and other South Asian countries. However, as discussed above, plain drinking water is essential for body temperature, PH balance, and digestion. In contrast, detox water is treated with plain water and additional nutritional ingredients to benefit health.

Conventionally, there are many detoxifying ingredients available at affordable prices. Adding Himalayan pink salt or rock salt to manage dehydration is better than table salt. If a person is dehydrated, s/he usually also suffers from salt loss. In case of excessive sweating or diarrhea, proportionate salt water is a cheap and best replacement for electrolytes. In nutrition science, plain water has zero calories but requires daily drinking. While talking about so-called detox water, very low calories are helpful for energy to rejuvenate the body.¹ According to Indian Food Composition Table, 2017 and different global studies show that low calories detox water can provide high energy instantly and in the next few hours due to the synergistic actions of added products in the water or water solution of concoction. In obesity, a dietitian intends to cut down calories from the Estimated Energy Requirement (EER) despite the need for high energy. Altogether, daily energy expenditure (DEE) in

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needed energy after cutting 15% to 20% calories from Total Energy Expenditure (TEE), that is a cumulative value of Basal Metabolic Rate (BMR) plus Physical Activity Level (PAL).^{1,2}

Overall, the various types of detox water can manage metabolism and may help reduce body weight indirectly. However, according to published data, there is no substantial evidence that so-called detox water directly reduces weight; hence, more clinical trials are needed to establish this logic.

Conflict of Interest

None.

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<p>Cite this article: Banerjee S. Detox water helps in weight reduction: myth or truth. <i>J Prev Med Holistic Health</i> 2023;9(1):1-2.</p>
