I constantly see these advertisements on TV in email and on billboards about detox. What the heck is that anyway and why does it seem that, according to the advertisements, everyone needs it?

Detox means detoxification. Detoxification means cleansing the body. Toxins are everywhere. We breath them into our lungs with pollution, we drink them and absorb them into our skin and then we eat them! It is true that modern civilization has contributed to an increase in the toxic load we humans face, but internal and external toxins have been around for a long time.

Internal toxins are formed with natural processes of breathing, digestion and just living. As we breath oxygen, we exhale CO2; this is a wonderful symbiotic relationship with the plant kingdom. They breathe in our CO2 and return oxygen; what a wonderful cycle. When we eat, we produce waste products naturally. Gut bacteria digest the food we eat and many of them create toxins/byp...