

Body cleanses: Don't believe the hype

Run time - :33

LEDE: An OSF HealthCare doctor says you should take claims about body cleanses with a grain of salt. Instead, talk to your doctor before starting any significant treatment. Tim Ditman of OSF has more.

~~~

Doctor Andrew Zasada says dewormers and diatomaceous (die-oh-toe-MAY-shush) earth are two of the "fad" cleanses often seen.

*SOUNDBITE: "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."*

In fact, the silica in diatomaceous earth can be deadly if inhaled. And if you truly believe you have a worm or parasite inside you, Doctor Zasada says there's a simple test at the doctor's office.

I'm Tim Ditman.

~~~

TAG: Doctor Zasada adds there's no evidence that our bodies are filled with toxins. He says our body removes waste naturally through our liver, kidneys and bowel movements.