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DR  FISCHER
THE PARK AVENUE DIET

DAILY NEWS

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Top 10 useless health treatments: Detoxing

5 of 11

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4. Detoxing (\$185) is a practice that's been going on for centuries, says Dr. Fred Pescatore. While not dangerous in the short term, there's no clinical proof that it works, he says. Dr. Stuart Fischer is against detoxing because "it's not a recipe for weight loss." And if you're not careful to get enough fluids, he says, muscle cramps and faintness can result.

Popular detox diets include the Master Cleanse, which Beyonce has said she used to get in shape for her role in "Dreamgirls." Oprah Winfrey has also blogged about her experiences on a detox diet.

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Beyonce Knowles (l.) dished about the Master Cleanse on 'The Oprah Winfrey Show' - and the Queen of Talk later tried her own.

