



The Best in Natural Health

Natural Health Guidance Series

The truth about Lemon Detox - why you should not be using the Lemon Detox Diet

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Why you should not be using the Lemon Detox Diet

We have constantly been asked by customers for the Lemon Detox Diet. The suppliers of the Lemon Detox Diet approached us to sell the product. But we have not taken on the product. Is this crazy? It is, purely from a business point of view because we are not meeting demand and supply, but from a naturopathic and health point of view we stand by our principles of helping you look good and feel great through sound nutritional practice.

We will not stock this product because we care. What is more bizarre is that this program is promoted as a Weight Loss Program. How can drinking sugar syrup mixed in lemon juice and cayenne pepper be a healthy way to losing weight? You do not need to be a rocket scientist to work out that if you stop eating, you will lose weight. But, are you losing healthy weight i.e. are you losing fat? What happens to your muscle mass?

Amino acids derived from proteins are the building blocks of your muscles. A sugar syrup, lemon juice and cayenne contain hardly any amino acids if at all. Without amino acids, you lose lean muscles. Loss of lean muscles will help you lose weight but it is not healthy at all. And beware of the rebound weight gain once you start eating again!

Losing healthy weight is about an educational process where you first need to know where you are at. What is your fat mass, how much do you have to lose over what you need? What is your lean muscle mass, do you have enough or do you need to build this up? What is the amount of water you are carrying and what is your level of hydration? Do you have good quality cells? Without knowing where your starting point is and your destination, you do not have proper direction. And deciding the amount of weight, specifically fat you have to lose is not a stab in the dark or a matter of pulling out a

number from thin air, it is scientific and can be done very safely. BUT, using sugar water and lemon juice is not the way to do it!

Processed foods are high in carbohydrates, and carbohydrates are fat gainers. If you want to lose fat, you should be working on the amount of carbohydrates you are taking in. NOTE: A carbohydrate containing food does not need to taste sweet. An example is potato. It does not taste sweet in its own right but if you chew it long enough, you will taste sweetness as the enzyme amylase in your saliva converted the carbohydrates into simpler forms of sugar for the digestive system. Sensible exercise is another factor you should consider.

There are many ways to detoxify yourself and help you lose weight. Some programs are sound and some are not. Choose wisely!

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Live healthily, love deeply and make everyday an extraordinary adventure,

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