



Let's cut right to the chase - it's almost the New Year, and your social media is about to be flooded with countless "miracle cleanses" promising to detox your body and help you lose weight. Save your money.

Most of these trendy cleanses are not just ineffective - they can actually be harmful if your body is toxic.

Here's what you need to know:

A true metabolic detox (what I do in my practice or via telemedicine all over the world) is comprehensive.

It supports ALL of your body's natural detoxification systems - your liver, kidneys, lymphatic system, AND gut. These systems work together, and they all need attention.

Those popular cleanses you see advertised? They typically only target your gut (small and large intestine). That's like trying to clean your entire house by only sweeping the kitchen floor. Sure, the kitchen looks better, but what about the rest?

When people try these quick-fix cleanses, here's what really happens:

- You lose some water weight (which comes right back)
- You might feel "high" from ketosis
- If you're actually toxic, you could experience severe headaches, nausea, and vomiting
- Your body gets stressed because you're not supporting all detox pathways
- As soon as you start eating/drinking normally again, everything goes right back to how it was before.

Look, I get it. New Year's resolutions make us want quick results. But after years of practicing functional medicine, I can tell you there are no shortcuts to true detoxification.

Want to actually support your body's detox systems? Let's talk about a proper metabolic detoxification program. [I work with patients both in my Manhattan office and via telemedicine worldwide.](#) We'll create a structured plan that supports ALL your detox pathways safely and effectively.

Ready to do this right? Book a consultation through the link below. Let's start 2025 with real solutions, not trendy quick fixes.

[Book Today](#)

Yours in health,

A handwritten signature in black ink that reads "Dr. Loretta". The signature is fluid and cursive, with a long horizontal line extending from the end of the name.

PS: Are you following me on [Instagram](#)? The algorithm likes to hide my content from people sometimes because I speak out against mainstream medical advice. Let me know if you see my posts by following me and [commenting on this video.](#)



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