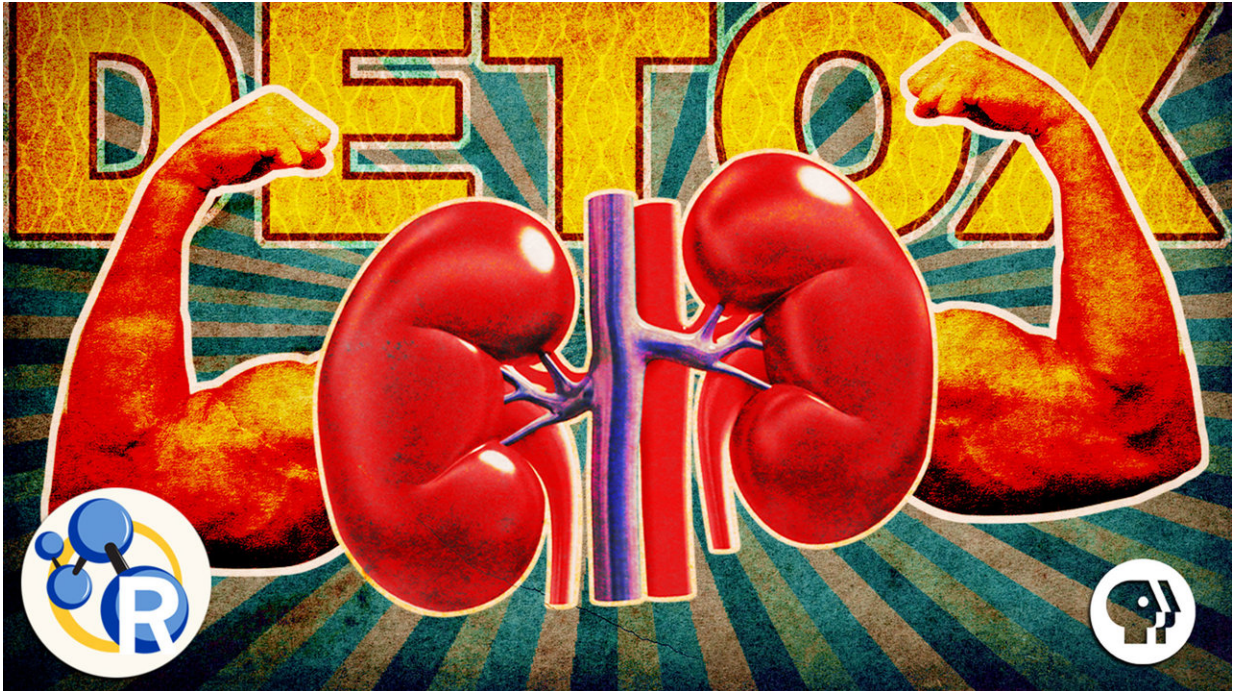


Video: The only detox you'll ever need

November 14 2017



Credit: The American Chemical Society

People talk all the time about how they need to "detox."

And there's a line of companies a mile long waiting to sell you juices and smoothies that claim to cleanse your body of [harmful toxins](#).

But the [good news](#) is your body is working hard to clear out toxins before you spend a dime on expensive products.

Toxicology expert Raychelle Burks explains how in this kale-free episode of Reactions:

Provided by American Chemical Society

Citation: Video: The only detox you'll ever need (2017, November 14) retrieved 25 June 2024 from <https://phys.org/news/2017-11-video-detox-youll.html>

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