

## *Use of dietary cleansing approach of detoxification for weight management*

Jyoti Bohra

Food and Nutrition, College of Community Science, Punjab Agricultural University  
India

### *Abstract*

During the last few years, obesity has emerged as major health problem which is a root cause of degenerative diseases. According to WHO report (2016), 39% and 13% of adults were overweight and obese respectively. It is documented that along with genetic, lifestyle and eating disorders; environmental pollutants such as chemicals and toxins are responsible for weight dysregulation and metabolism impairment. Various epidemiological studies have proven that toxins cause alteration in oxidative metabolism, inflammation's influence on insulin and leptin resistance, thyroid metabolism and receptor function, oxidative stress and central appetite dysfunction. In addition, toxins interfere with hormones (catecholamine, thyroid, estrogen, testosterone, corticosteroid, insulin, growth hormone and leptin), neurotransmitters and cytokines that act as intracellular messengers. Thus, has role in appetite regulation, food intake, and metabolism of food, detoxification and liver function. Detoxification is a common term gaining attention of many researchers and doctors in weight management as it replaces poly-pharmacy approach and possess no or very less side effect. Many detoxifying drinks (grapefruit juice, red wine and green tea), herb formulations (garlic, chicory, fennel, turmeric, black pepper and ginseng) and supplements (vitamins, minerals and phytochemicals) are available in the markets that are being used for weight loss. Various clinical detox food function by altering system that includes; improve in filtration capacity of the liver, stimulate the excretion of toxins through the kidneys, bowel; and improve neuroendocrine balance in the hypothalamic-pituitary system.

### *Biography:*

Jyoti Bohra is a Ph.D. Scholar for Food and Nutrition, College of Community Science, Punjab Agricultural University, Ludhiana, Punjab, India

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