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My breathing is labored

Labored respiration or labored breathing is an abnormal respiration characterized by evidence of increased effort to breathe, including the use of accessory muscles of respiration, stridor, grunting, or nasal flaring.[1] Classification Labored breathing is distinguished from shortness of breath or dyspnea, which is the sensation of respiratory distress rather than a physical presentation. Still, many[2] simply define dyspnea as difficulty in breathing without further specification, which may confuse it with e.g. labored breathing or tachypnea (rapid breathing).[3] Labored breathing has occasionally been included in the definition of dyspnea as well.[4] However, in the standard definition, these related signs may be present at the same time, but don't necessarily have to be. For instance, in respiratory arrest by a primary failure in respiratory muscles the patient, if conscious, may experience dyspnea, yet without having any labored breathing or tachypnea. The other way around, labored breathing or tachypnea can voluntarily be performed even when there is no dyspnea. Presentations Intercostal recessions on a newborn baby, a common sign of respiratory distress.[5] Presentations of labored respiration include: Hyperpnea - faster and/or deeper breathing Tachypnea - increased breathing rate Retractions or recessions – sucking in of the skin, around the ribs[5] and the top of the sternum[6] Use of accessory muscles of respiration rather than only the diaphragm Causes Causes of labored breathing include: Severe metabolic acidosis, particularly diabetic ketoacidosis (DKA) but also kidney failure. The specific associated breathing pattern is called Kussmaul breathing. Cardiac disease[7] Respiratory failure[8] See also List of terms of lung size and activity Agonal respiration, a specific type of abnormal breathing pattern References ^ TheFreeDictionary > labored breathing Retrieved on Dec 12, 2009 ^ TheFreeDictionary, retrieved on Dec 12, 2009. 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Retrieved from " Last Updated 05/07/2020 Authors:Alan Roth, RRT, MS, FCCP; Sai Praveen Haranath, MBBS, MPH, FCCP Dyspnea, also called shortness of breath, is a tight feeling in your chest where you may not be able to take a deep breath. This is a symptom that can be linked to many different conditions, like asthma, heart failure and lung disease. Overview Possible Causes Care and Treatment When to Call the Doctor Shortness of Breath (Dyspnea) When you feel like you can't get enough air into your lungs, it's called shortness of breath. Doctors call this frightening feeling dyspnea. It can be a sign of many different health problems. You might describe it as having a tight feeling in your chest or not being able to breathe deeply. Shortness of breath is often a symptom of heart and lung problems. But it can also be a sign of other conditions like asthma, allergies or anxiety. Intense exercise or having a cold can also make you feel breathless. Is dyspnea dangerous? Sometimes, shortness of breath can be a sign of a life-threatening medical condition. See a doctor if you: Suddenly have difficulty breathing. Have severe breathlessness (can't catch your breath). Still feel breathless after 30 minutes of rest. Who is affected by shortness of breath? Because it has so many causes, shortness of breath is very common. Anyone can experience it, but it happens more often in people with: Anemia (low level of red blood cells). Asthma. Anxiety. Heart or lung problems. History of smoking. Infections. Poor fitness. Severe obesity. Many different medical disorders can cause shortness of breath. The most common causes are lung and heart conditions. Healthy breathing depends on these organs to transport oxygen to your body. Feeling breathless may be acute, lasting just a few days or less. Other times, it is chronic, lasting longer than three to six months. What causes ongoing shortness of breath? Conditions that may cause chronic shortness of breath include: Asthma: Narrowing of the airways caused by asthma can make it feel difficult to breathe. Heart failure: During heart failure, blood can't fill and empty the heart properly. This condition may cause fluid to accumulate in your lungs, making it feel difficult to breathe. Lung disease: Damage to lung tissue from diseases such as tobacco smoking-related chronic obstructive pulmonary disease (COPD) can cause dyspnea. Tumors, such as lung cancer, can also cause shortness of breath. Obesity: Being very overweight can strain your lungs and make it difficult to breathe. Poor fitness: Being out of shape from inactivity or illness can cause breathlessness. What causes acute dyspnea or shortness of breath? Factors that may cause acute (goes away after a week or so) shortness of breath include: Allergies: People often feel short of breath during an allergic reaction. Anxiety: Anxiety can cause hyperventilation (rapid, heavy breathing). Choking: A blockage in your throat can make it difficult for air to move in and out of your lungs. Inhaling food or an object into your lungs also blocks airflow. Pulmonary embolism: This happens when you have a blood clot in your lungs. This condition is a medical emergency. Heart attack: A blockage that stops blood flow to the heart can cause frightening breathlessness. If you notice this symptom along with other heart attack symptoms, call 911. Infection: An infection like bronchitis or pneumonia may produce mucous that blocks airflow to parts of the lungs. This can interfere with oxygen diffusion to the blood. Injury: A broken rib can make breathing painful and difficult. Bleeding and anemia can lower the number of red blood cells, which lessens the amount of oxygen carried in the blood. Medication: Certain medicines can cause a tight feeling in the chest. Statins (medicines that reduce fats in the blood) and beta blockers given for hypertension in asthmatic individuals may cause this symptom. Extreme temperatures. Being very hot or very cold can make you feel like you are having trouble breathing. Your doctor will help you manage dyspnea by first identifying and then treating the condition causing your breathing trouble. Depending on the underlying condition, your treatment may include: Exercise: Improving your physical fitness can strengthen your heart and lungs. Better overall health can help you feel less winded during activity. Even with a heart or lung condition, cardiovascular rehabilitation might help. The provider might also suggest that you learn breathing techniques. Medication: Inhaled drugs called bronchodilators can relax your airways in asthma and in COPD. Medication to relieve pain or anxiety can ease breathlessness. Oxygen therapy: Receiving extra oxygen through a mask or tube in the nostrils can help you breathe more comfortably. This is only appropriate when the blood oxygen level is measured by a healthcare professional and shown to be low. How will a doctor determine what is causing my shortness of breath? Tests might include: Physical exam: This would cover things like taking your temperature and listening to your chest. A fever could indicate an infection. Pulse oximetry: A provider uses a finger sensor to see how much oxygen you have in your blood. Chest X-ray, CT scans or other special imaging tests: These would suggest a cause of breathlessness if you do not already have a diagnosis of a chronic condition. Blood tests: These could show anemia, infections and other conditions. Lung function tests: These tests indicate how well you are breathing. Cardiopulmonary exercise testing: These tests indicate the volume of oxygen taken in and carbon dioxide let out during exercise performed on treadmills or stationary bikes. How can I ease or relieve shortness of breath? You may prevent or relieve shortness of breath on your own. Helpful steps may include: Avoiding inhaling chemicals that can irritate your lungs, like paint fumes and car exhaust. Practicing breathing and/or relaxation techniques to improve your breathing function. Stopping smoking, if you smoke. Don't start smoking if you don't now smoke. Reaching and maintaining a healthy weight. Avoiding activity in times when temperatures are very hot or very cold, or when the humidity is high. If you have lung disease, observe air pollution (ozone) alerts issued on radio and TV. Making sure your equipment is in good working order when you use oxygen. If you have a condition that means you might be feeling short of breath often, make sure to follow the suggestions of your healthcare provider about paying attention to your health every day. This might include doing peak flow testing in COPD and asthma or weighing yourself every day to make sure you are not retaining water. Call your doctor if you have severe shortness of breath, or if your breathlessness interferes with your everyday activities. Sometimes, shortness of breath is a sign of a medical emergency that requires immediate treatment. Go to the hospital if you still have difficulty breathing after resting for 30 minutes. Also get emergency help right away if you have: Blue fingers or lips. Chest pain or heaviness, particularly if associated with sweating and nausea. Heart palpitations (fast or irregular heartbeat). High fever. Stridor (high-pitched sound when inhaling) or wheezing (whistling sound) when breathing in or out. Swollen ankles or feet. Last reviewed by a Cleveland Clinic medical professional on 12/20/2019. References Get useful, helpful and relevant health + wellness information enews Cleveland Clinic is a non-profit academic medical center. Advertising on our site helps support our mission. We do not endorse non-Cleveland Clinic products or services. Policy Cleveland Clinic is a non-profit academic medical center. Advertising on our site helps support our mission. We do not endorse non-Cleveland Clinic products or services. Policy Cleveland Clinic is a non-profit academic medical center. Advertising on our site helps support our mission. We do not endorse non-Cleveland Clinic products or services. Policy Cleveland Clinic is a non-profit academic medical center. Advertising on our site helps support our mission. We do not endorse non-Cleveland Clinic products or services. Policy Cleveland Clinic is a non-profit academic medical center. Advertising on our site helps support our mission. We do not endorse non-Cleveland Clinic products or services. Policy Cleveland Clinic is a non-profit academic medical center. Advertising on our site helps support our mission. We do not endorse non-Cleveland Clinic products or services. Policy Cleveland Clinic is a non-profit academic medical center. Advertising on our site helps support our mission. We do not endorse non-Cleveland Clinic products or services. Policy Cleveland Clinic is a non-profit academic medical center. Advertising on our site helps support our mission. We do not endorse non-Cleveland Clinic products or services. Policy It's Acute or SevereYou don't have to do anything special for the symptoms of chronic shortness of breath to show itself. It can be a change in the weather, the use of cleaning products or a common cold that opens the door. Spring weather in Texas can lead to allergy attacks, bronchitis and pneumonia. Any one of these conditions can reduce lung function and capacity. As a result, you can feel weak and run-down. If you're finding it difficult to breath, especially while lying down, you need to get to the emergency room.It Interferes with Life and WorkIf you have been diagnosed with asthma or COPD, severe shortness of breath is particularly dangerous. "If you've been experiencing a chronic case of shortness of breath—especially with chest pain, wheezing, coughing, swollen ankles or other symptoms—it could be one of several serious conditions," says Advance ER Chief Medical Officer Dr. Nick Peters. "It's a good idea to come in right away if you are having trouble breathing so we can try to help you. If it's a disease or long-term condition, you need to know how to treat it as soon as possible."It's Accompanied by Chest pain, Nausea and FaintingConditions You Could be ExperiencingThere are several conditions you could be experiencing if your shortness of breath is accompanied by any of these three symptoms. Their severity can range from a moderate to high threat. In the heat of the moment, it should never be considered a waste of time to get to the emergency room for any of these conditions.Anxiety DisordersExperiencing moments of high stress is normal. Anxiety disorders are characterized by episodes of intense fear, worry and sheer panic that can be crippling. They may seem out of proportion to the situation at hand, they can be triggered by any situation and can be experienced by anyone.AnginaIf you can feel it in your chest when you've overexert yourself, it could very well be angina. You get a squeezing or tightening pain in your chest, or it can be dull like indigestion. An episode doesn't last long, and is usually better with rest. But as a symptom of coronary artery disease, it needs to be diagnosed and treated by your physician.Heart AttackEveryone experiences the early warning signs of a heart attack differently. You experience pain in varying degrees, or you may experience cardiac arrest as a first symptom. The key is to trust your body. While you can express your pain or discomfort, make someone aware then call 911.What Causes Shortness of Breath?This is a short list of many different things that could be causing your breathing difficulties:Page 2A new outbreak of measles is on the rise in the United States. In April 2019, there were a reported 695 cases of measles just this year. That's a huge increase from 2000 when the CDC declared the U.S. measles-free.During this high rise, it's important to know what to look for to ultimately keep yourself safe. Measles symptoms are quite tricky as they can fool you to think you have a simple cold or even the flu. For the best way to keep yourself out of the Emergency Room and safe from the measles is to continue reading and learn all the signs, symptoms, and know when it's time to visit the ER.The Seriousness of MeaslesBecause we haven't experienced such a large outbreak of the disease in so long, many of us don't understand the seriousness of measles. This is especially true for the younger crowd. Measles is a serious disease.For adults, contracting the measles may lead to severe respiratory problems. And it's potentially deadly. For children, it's even more detrimental and causes brain damage, deafness, pneumonia, and of course, possibly death.Causes Because the United States cleared itself from the disease in the 2000s, it's believed that the disease made its way back into the states by people who traveled internationally and then brought it back. The measles is an extremely contagious disease that spreads through the air.It's so contagious that if one person has the disease, then 90% of anyone around them who isn't immune will end up contracting it as well. When an infected person sneezes, coughs, or even talks, the virus enters the air and remains active there or on surfaces for several hours.RisksThere are several reasons why you might be at a higher risk of infection with measles than someone else. You'll find these risk factors listed below.Vitamin A Deficiency- Not having enough Vitamin A could cause you to have more complications or symptoms with the diseaseTraveling Internationally- As stated before, traveling internationally is how the disease made its way back into the states and is where you'll come into contact with it the mostNot Receiving Vaccinations- Not receiving your measles vaccination will put you at a much greater risk for contracting the diseaseFor those wanting to protect themselves from the measles, it's important to know if you are at risk. Check in with your medical records to ensure you received a vaccination, check your Vitamin A levels, and always be prepared before traveling overseas.Measles SymptomsThe symptoms of measles could seem like something less severe. This is why it's always necessary to take the proper precautions and always keep an eye on all symptoms. Here are some measles symptoms to look out for.Sore ThroatRunny NoseFeverDry coughConjunctivitisWhite spots with bluish centers found at the back of the mouth and cheeksRash of flat red blotchesMore Serious SymptomsMeasles can show more severe symptoms, which include the following:Excessive bleedingChronic pneumoniaBrain infections (headaches, coma, seizures)Brain damageDeafnessBlindnessOne scary thing about the measles is that you could have it for 10-14 days before any symptoms show. This is the disease incubation time.Measles RashThe best way to notice a rash caused by the measles is to look near the hairline for flat red spots. These blotches will spread down from the hairline to the neck, arms, legs, and eventually to the feet. In some cases, small red bumps rise on top of the red flat spots.The face normally breaks out first and because the red blotches form in clusters, it'll give the appearance of splotchy red skin. Over several days is when it will make its way through the lower part of the body and then fade starting with the face.When It StartsAs stated before, a person is infected with the disease for 10-14 days before any signs or symptoms appear. If you or someone you know is experiencing measle symptoms, anyone who they've been in contact with over the past week is at risk.Measles PreventionThe best way to prevent a measles outbreak is to get vaccinated. This is especially true if someone you know has been diagnosed with the disease. Infants can now be vaccinated after just 6 months, and it's highly advised to do so.It's normally given to an infant at 12-15 months, however, if you're traveling internationally or have someone close to you who is infected, speak to your doctor immediately. If someone does have the disease, they should be kept isolated from others.This is even more important when dealing with other people who have not received the vaccine. Even after the symptoms have cleared and an infected person begins to feel better, this does not mean that they are no longer contagious. An infected person remains contagious for up to four days after all symptoms are relieved.When It's Time to Seek HelpIf you believe that you, a family member, or someone you know has been exposed to measles, then it's time to seek help. Having a visible rash that resembles the measles description shouldn't be ignored. This is a serious disease that can result in death and harm many others around the infected person.Whenever in doubt, do not hesitate to contact us directly and make your way to our 24-hour emergency center. We even offer pediatric emergency services for your little ones. You won't regret making the decision to come in and give yourself peace of mind.Page 3If you are one of the 75 million Americans dealing with high blood pressure, you may have heard about a hypertensive crisis. Hypertension begins at a blood pressure reading of 140/90, and it becomes increasingly more severe after that. Because blood pressure spikes affect us all in different ways, it's hard to know when should you go to the ER. One of Advance ER's experienced physicians, Dr. Joseph Meier, takes time to answer your hypertension questions so you know exactly when to go to get medical help.What is a hypertensive crisis?Dr. Meier says, "A hypertensive crisis is when the blood pressure increases, or spikes, drastically. This is considered a crisis because it could damage organs and blood vessels and then lead to a stroke."What causes spikes in blood pressure?"A hypertensive crisis could be triggered by many different things. Some of the more common catalysts are: missing a blood pressure medication dosage, heart attack, stroke, kidney failure or artery rupture. You can tell from this list that some issues will be much more critical as far as organ damage, so it is imperative to get to the ER for help," he says.When to go to the ER for high blood pressure:"The American Heart Association states that a reading of 180/110 or greater requires immediate medical attention. If you take this reading two times in a row, five minutes apart, then you must head to the nearest ER," says Dr. Meier.Are there other symptoms to watch out for along with a high blood pressure reading?"Yes, you should watch out for things like chest pain, blurred vision, headache, nausea, pain in the jaw or arm, anxiety, shortness of breath, seizures, confusion or a general lack of responsiveness. Any of these, coupled with a high blood pressure reading, are cause for emergency response," says Dr. Meier.What kind of organ damage might occur from a hypertensive crisis?"The heart can be damaged, the kidneys may fail, the aorta may be compromised, the eyes could be damaged, there could be fluid in the lungs and even memory loss," says Dr. Meier. "That's why it's so important to get fast medical intervention to try to minimize the damage of the hypertensive crisis."What kind of treatment will I get at the ER for hypertension?"If you are diagnosed with a hypertensive episode, you will be given oral or intravenous medications to try to bring the blood pressure down," says Dr. Meier. "Damage will also be assessed. If the heart is involved, or if you've had a stroke, additional treatment will be given to address those complications."Can a freestanding ER handle my hypertensive crisis?"Most definitely. At Advance ER, you will find much of the same equipment as in a hospital-based ER, including what is needed to treat a hypertensive crisis, heart attack or stroke.Without the long wait times, you will be comfortable, diagnosed and treated in record time. Our unique Specialists NOW program also makes a cardiologist available* for additional consultation assistance, as needed," he says. "We're open 24/7 every day of the year, and you'll get a board-certified physician with many years of experience, so don't hesitate to come in if you are concerned about your blood pressure reading or if you are experiencing any of the above symptoms."Two convenient locationsAdvance ER is available in two locations for your convenience: Park Cities and Galleria Area. Put us in your speed dial for emergencies: (214) 494-8222Advance ER: the right care in the right place at the right time.*Access to specialists through Advance ER's SPECIALIST NOW program is contingent on the specialist's availability.Meet Dr. Meier:Dr. Joseph Meier is board-certified in emergency medicine and he received his medical degree, with honors, from Mayo Medical School, Rochester, MN.He completed his emergency medicine residency at UC Davis, Sacramento, CA, where he pioneered ultrasound protocols and chest pain protocols. Dr. Meier has experience in diagnosing and treating a variety of chronic, acute and sudden-onset conditions.Page 4The adult human skeleton contains a total of 206 different bones.Bones function as structural support, help us move in different ways, and even protect our vital organs. And while many of our bones have some resistance, they're prone to breaking from too much external force.When our bones fracture, we're left with limited mobility for weeks or months at a time. But knowing the most common types of fractures and how they're caused can help you prevent that from happening.Keep reading to learn about the kinds of fractures as well as how they're caused and treated.What Is a Fracture?Made mostly of a protein called collagen, our bones are rigid. This means that they bend - but only to a certain point. If too much external force is applied, our bones will break.A fracture is what's commonly called a broken bone. Fractures can be complete or partial. There are breaks that go lengthwise, crosswise or leave a floating piece of bone behind.If you've fractured a bone, you'll likely know it by the pain. They often leave a person with limited mobility, swelling, tenderness, and bruising. In some cases, a fracture can cause a deformity wherein you limb contorts in a way it definitely should not.Common Causes of FracturesAt its most basic level, a fracture happens when the amount of external force on the bone is more than it can absorb. Often, this involves trauma or an accident such as a fall or a car accident.Other common causes of fractures include:Repetitive motion. This type of fracture is typical for athletes. When a person engages in repetitive motions, overuse of muscles can lead to muscle fatigue. This results in more force on the bone and leads to stress fractures.Osteoporosis. This health condition directly affects the strength of bones. As bones become weaker, they're more susceptible to fracturing.Smoking. Both tobacco and nicotine cause an increased risk for bone fractures. They also hinder the healing process when fractures occur.Diet and exercise can make you less prone to fractures. A healthy diet that contains a sufficient amount of calcium and Vitamin D leads to stronger, more resistant bones. The same is true for regular, weight-bearing exercise.Most Common Types of FracturesDepending on the amount and type of force that caused the fracture, the severity will vary. The following are the most common types of fractures:Simple or stable fractures involve a broken bone that's aligned and therefore stable. This means that the ends of the break line up with the bone and remain almost in place.Comminuted fractures mean the bone broke in more than one spot. These type of fractures involve a bone that has shattered into 3 or more pieces.Greenstick fractures are incomplete fractures wherein the broken piece is not completely separated from the rest of the bone.Transverse fractures are when the bone breaks along a horizontal line.Complex fractures are harder to treat because they involve a break that causes the bone to shift.Open or compound fractures occur when the skin is pierced at the time of the fracture. It can also involve a bone that pierces the skin as a result of the fracture.Spiral fractures typically happen when a twisting motion causes the fracture. In this type of break, the fracture is spiraled around the bone.Compression fractures are the name for crushed bones that become wide and flat in appearance.Segmental fractures leave a floating segment of bone when it's fractured in more than one place.Diagnosing the type of fracture that has occurred typically requires an x-ray. Only with an x-ray can a doctor determine how the bone has broken and what kind of treatment is required.Treating FracturesThe way a doctor decides to treat a fracture involves a number of factors. These include:How old you areThe condition of your health and your medical historyThe type of fractureHow you tolerate medication and therapyYou own preferencesTheir main goal in treating a fracture is to reduce the amount of pain you're in while giving you as much mobility as possible. They also work to promote healing and prevent any future complications.As such, it can take as little as weeks and as much as months to treat and restore the fracture. Although the pain might stop within a few days or weeks, that's usually not a signal that the fracture has healed. You'll have to follow your doctor's treatment plan and avoid normal activity until they determine that you've healed.With that said, there are many ways a doctor may treat a broken bone. We've broken down the two most common in more detail below.Bracing or CastingAfter the bones have been repositioned, a plastic or fiberglass cast can be placed over the area that needs to heal. This severely limits the mobility of the area and allows the bones a chance to fuse together again.A brace work similar to a cast but gives you a bit more mobility in the nearby joints. This can't be used in all fractures, especially more severe ones.Pins, Screws, and PlatesThis type of treatment requires an operation. First, the bones and fragments are repositioned and realigned. Then, pins, screws and/or metal plates are inserted in a way that helps hold the bones in place while they heal.Additional Health ResourcesBroken bones are caused by everything from trauma and accidents to health conditions that weaken the bones. Even the most common types of fractures are painful and require treatment immediately - or the situation could worsen. After an x-ray, a doctor can recommend treatment based not only on the type of fracture but also on your age and health.And for more resources on understanding your health and the health of your family, check out our blog.Page 5Detox diets, pills, and other products are all the rage right now, but are they as safe and effective as advertised? Here's your guide to detox side effects.If you're interested in losing weight, there are a lot of options available to you.Some people use exercise as their main way to lose weight. Others rely on altering their eating habits and may follow a diet like keto. But there's one new weight loss trend that seems to be growing in popularity: detox diets.It seems like everyone from Instagram models to celebrities is talking about the benefits of detox teas, smoothies, and pills.Detox diets may be popular, but are they safe? Some people trying these may have never considered detox side effects.If you're considering doing a detox diet, don't make any decisions before you read this post.What Is Detoxing?Detoxing, also known as detoxification, is the practice of ridding the body of toxic or harmful substances.Detox diets and products may be popular now, but the concept of detoxifying the body isn't new. People have been looking for ways to "purify" the human body for thousands of years.Saunas and sweat lodges have been used as ways to detoxify the body. Some people believe that sweat is one of the best ways to get rid of body impurities.Others have used other more extreme methods to purify their bodies. Enemas, fasting, and even bloodletting have all been viewed as ways to rid the body of toxins.Why Do People Detox?People that live in today's world have legitimate concerns about the chemicals we put into our bodies.Some people are concerned about how environmental pollutants could be affecting their bodies. Others may be focused on chemicals and hormones we get from the dairy and meat we eat each day.Many people believe that toxins are responsible for a variety of ailments in their lives. Toxins have been blamed for nearly everything from headaches and fatigue to obesity and other chronic health conditions.Detox diets also usually offer positive side effects that go beyond weight loss. Some diets and pills claim to give people more energy, heal skin conditions like psoriasis, and even help improve mental health.All of these concerns and wanted benefits are legitimate, but detox diets may not be the best way to address them.The "Benefits" of Detox DietsThere are some legitimate benefits that come from some of the practices that surround detox diets.The average American diet is very high in processed, high-calorie foods that don't have a lot of nutritional value. A lot of detox diets will focus on cutting out those foods and replacing them with lean meats, whole grains, fruits, and veggies.Improving your diet is always helpful. The added vitamins and minerals you could get from detox products could also positively affect your diet. But in all fairness, you could get these helpful benefits by just improving your diet and not "detoxing".The Detox MythIt is important for the body to be able to rid itself of toxins, but the likelihood of a detox pill or diet doing that is very low. The truth is that the human body already has very effective ways to deal with detoxing itself.Your liver and kidneys are designed to filter out harmful substances in your body. To some extent, even your skin and lungs can do work to protect the body from harmful toxins.If your organs are functioning normally and your body is healthy, you don't need to do anything else to help your body detoxify itself. Eating right, exercising, and taking care of yourself are far more effective detoxing methods.On the off chance that your body does have something dangerous or toxic inside of it, you'd need help from a doctor or medical professional. A green drink or detox pills can't help you fight truly toxic substances.Dangerous Detox Side Effects At best, detox products and diets won't largely affect people's wellbeing and could give them some minor positive benefits. At worst, detox products can do some serious harm to the body.One of the problems around the detox craze is that methods are largely unregulated and untested. You could easily buy something that could end up being harmful to the body.If you're thinking about doing a detox diet, you may change your mind after you learn about the negative ways they could affect your body.Dehydration It isn't uncommon for some detox diets to use laxatives or diuretics so people use the bathroom more.When those medications are given by doctors and taken over a short period of time they're safe. But when people take them over long periods of time it could lead to severe dehydration.Dehydration is more than just needing more fluids. Overtime dehydration could do serious damage to major organs or could lead to more serious health problems like seizures.Stomach Problems Detox pills and diets can use a variety of substances to "purge" the body of toxins. The laxatives, supplements, and even the "helpful" bacteria used in some of these products can cause severe gastrointestinal issues.Some people on detox diets and cleanses can have problems with diarrhea, nausea, and vomiting.Nutrient Deficiencies A lot of detox diets have people eliminate certain foods that are believed to cause the buildup of toxins.Plenty of people cut meat and dairy out of their diets with no problem, but that's usually paired with changing their diets to make up for the lack of nutrients.Many of these detox diets involve cutting important nutrients out of your diet without having a safe way to replace them. You could be missing out on crucial vitamins and minerals if you follow detox diets.The Bottom Line Your body is already doing a great job of filtering toxins out of your system. The detox side effects you could get from diets and products are severe enough to make anyone think twice about doing them.We encourage everyone that's interested in losing weight and "purifying" their body to eat right and exercise. That's more than enough to help your body and improve your health.Do you have any questions or concerns about diets? Contact us today so we can give you the answers you need.

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