



LEARN MORE ABOUT DETOXES & CLEANSES

[**Detoxes & Cleanses: What you need to know**](#) by the National Institutes of Health

[**The Dubious Practice of Detox**](#) by Harvard Health

[**Removing Toxins**](#) by University of Wisconsin-Madison School of Medicine & Public Health

[**Should You do a Cleanse?**](#) by UCLA Health

[**Sauna Benefits**](#) by Cleveland Clinic