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Detoxification (often shortened to detox and sometimes called body cleansing) is a type of alternative medicine treatment which aims to rid the body of unspecified "toxins" – substances that proponents claim have accumulated in the body and have undesirable short-term or long-term effects on individual health. The World's Healthiest Foods are health-promoting foods that can change your life. Try our WHFoods Meal Plan. Toxic Heavy Metal Poisoning, Contamination, Symptoms, Testing and Detox Protocols. HealthCentral combines medically vetted health information with personal stories about life with chronic health conditions to give you the tools and inspiration to make positive changes, no matter you