(42.1%), weight loss (24.5%), decreasing pain (23.8%), and controlling disease (14.9%) were also common motivations. Many respondents intended to eliminate a specific symptom (such as low energy) with their detox (Figure 2).

Although most participants were motivated to eliminate toxins, toxins were not measured before and after detox. Thus, whether or not the detox was successful was based on symptom self-report. Symptoms experienced during and after detox were collected by the survey. Symptoms reported included information on bowel movements, skin condition, energy, mood, memory, and weight. Table 2A shows the symptom changes during the detox, and Table 2B shows changes after the detox was complete. Detox diets had the greatest impact on energy. During detox, 51% of people reported an increase in energy, and 58% a decrease in weight. After completion of detox, 70% of people reported increased energy. People also reported better moods after detox (60%). Interestingly, during the detox, a nearly equal number of people reported worsening of mood as those who reported improvement.

Phone Survey

Non-NCNM students were interviewed about their past experiences with detox diets. Thirteen people (aged 25–58) were interviewed individually by phone. Roughly half the group was female (Table 3). Participants included adults who reported completing a detox within the last year. Individuals were interviewed regarding their personal experiences (goals) and recent detoxification protocols (types), as seen in Table 4B. The results of this survey are shown in Figures 3 and 4. The majority of people interviewed used detoxes to either get healthy (29%) or help specific organ systems (29%). Weight loss and changing habits were also common goals for detoxes. The types of detoxes used by non-NCNM students were whole foods (51%), Master Cleanse (33%), Boxed kits/herbs (8%), and Juice/broths (8%).

Several of the phone survey participants commented on food consciousness that resulted from their detox experience. This included a new awareness of food allergies or sensitivities and an appreciation of how food affects weight and mood (Tables 4B, 4C). While 4 participants lost weight, this was not a goal for most people. Most participants wanted to "reset" their bodies or "clean up [their] organs."

Nature Cure Class

Many physiological factors were assessed in the survey of the Nature Cure class. Quality of sleep improved immediately with the beginning of their detoxification process. Though improvements leveled off on day 2, sleep continued to improve until day 6, when it decreased on the last day of detoxification (Figure 5). Energy was variable at first, but made a drastic improvement from day 4 to day 6. Like quality of sleep, energy decreased significantly on the last day of detoxification, day 7 (Figure 5).

The mood of the Nature Cure class participants made a slow improvement from day 2 through day 5. Mood on day 6 had a slight decrease, but improved again on day 7. Mental clarity stayed level with a slight decrease the first day. Day 6 was of greatest improvement but returned to baseline on day 7 (Figure 5). Participants were inclined to have headaches days 1 through 5 but no headaches were reported days 5 through 7. The class reported muscle aches to peak on day 3. Joint pain was reported to decrease by day 2, and no joint pain was reported on days 6 and 7 (Figure 6).

Hunger varied dramatically throughout the study, beginning quite high, decreasing dramatically day 3, and slightly increasing day 4. No hunger was reported on day 5. Hunger increased by day 6, and on day 7 there was a slight decrease in hunger (Figure 6).

Table 2A: NCNM Survey: Symptom Reporting During the Detox

	Increased	Decreased	Not sure/No change
Bowel movements (N=258)	45% (117)	28% (72)	27% (69)
Weight change (N=258)	2% (5)	58% (149)	40% (104)
	Improved	**Worsened**	**Not sure/No change/Varied**
Skin condition (N=255)	37% (94)	15% (38)	48% (123)
Energy (N=258)	51% (133)	28% (72)	21% (54)
Mood (N=257)	38% (99)	33% (84)	29% (74)
Memory (N=256)	26% (67)	16% (40)	58% (149)

Table 2B: NCNM Survey: Symptom Reporting After the Detox

	Increased	Decreased	Not sure/No change
Bowel movements (N=249)	37% (91)	8% (21)	55% (137)
Weight change (N=251)	9% (23)	35% (88)	56% (140)
	Improved	**Worsened**	**Not sure/No change/Varied**
Skin condition (N=246)	44% (109)	3% (6)	53% (131)
Energy (N=249)	70% (174)	5% (12)	25% (63)
Mood (N=250)	60% (149)	3% (8)	37% (93)
Memory (N=251)	34% (86)	2% (4)	64% (161)

Table 3: Phone Survey Demographics

Subject	Age	Sex
1	30	F
2	26	F
3	38	F
4	57	M
5	36	M
6	27	M
7	29	F
8	32	M
9	39	F
10	48	M
11	39	F
12	32	F
13	31	M

Table 4A: Sample Survey Questions

- Have you done a detox; if so, what was the protocol?
- How did you hear about the detox?
- How long was the detox?
- What were the results?
- Did you lose weight?
- What were your successes with the detox and how long did they last?
- Did you experience any adverse reactions?
- Were you under a doctor's care while doing the detox? Did you discuss the detox protocol with your doctor?