

Are enemas safe for weight loss?

Losing water is not losing weight

"Some may lose water to clean the colon, can also increase fluid loss to urinate or defecate, but this should be avoided to prevent electrolyte imbalance. Losing water is not losing weight," says Franci Cohen, nutritionist, personal trainer and exercise physiologist.

Risks enemas

In addition there is no evidence of weight loss, there are other risks that may be hazardous to health: nausea, vomiting, diarrhea and abdominal pain are the most common. Also, loss of potassium and electrolytes, says Cohen.