

1. Read the passage and decide if the following statements are TRUE, FALSE or NOT MENTIONED.

- a) Detox diets have some side effects like low blood sugar.
- b) The word "detox" is not yet famous on social media.
- c) You can stick to a detox diet for a long run.
- d) People might have colon problems after detox diets.
- e) Following a detox diet costs a lot these days.
- f) Most famous people are following them and influencing young population by posting.
- g) Toxins don't build up in your liver normally.

2. Answer the following questions according to the text.

- a) In which cases might a detox diet help you?

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- b) What are some of the side effects of detox diets?

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