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Net surfing patients want detox

by Louise Durack

When it comes to health, do you know what your patients are surfing the web for?

Forget cancer and heart disease, the celebrity-inspired Lemon Detox Diet has topped the list as the most popular internet health search for Australians during 2008.

According to Yahoo!7, the controversial 10-day detox consisting of only lemon juice, water and tree sap syrup, has seen Aussies rushing to buy online in a bid to lose weight and cleanse themselves.

Number two on the top health subjects searched for is 'online calorie counters', closely followed by head lice, hay fever, how to quit smoking and anxiety disorders.

Other popular topics for web searches include type 2 diabetes, asthma and homeopathy. Nutritionist Rosemary Stanton told *6minutes* that she was very surprised about the results of the survey. "It seems people are more likely to search for those health topics that they think the internet can give them instant answers on."

Regarding the number one rating of the Lemon Detox Diet, she said: "I didn't think that Australians were that stupid; I thought they were a bit more level headed than that."

2 December 2008

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Posted by **Lara** 20/02/2009 1:35:51 PM

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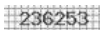
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