

dr hyman 10 day detox diet

Dr Hyman 10 Day Detox Diet: A Comprehensive Guide to Renewed Health

Are you looking to reset your body, boost your energy, and improve your overall well-being? The Dr Hyman 10 day detox diet, also known as the Pegan Diet reset or the 10-Day Green Smoothie Cleanse, has gained significant attention for its potential to kickstart a healthier lifestyle. This comprehensive guide will delve deep into what this detox entails, its benefits, the foods you can and cannot eat, potential side effects, and how to approach it for optimal results. We'll explore the principles behind Dr. Hyman's approach to detoxification and provide practical advice for navigating this popular dietary reset. Whether you're a seasoned health enthusiast or new to the world of detoxes, understanding the nuances of the Dr Hyman 10 day detox diet can empower you to make informed decisions about your health journey.

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Understanding the Dr Hyman 10 Day Detox Diet

The Dr Hyman 10 day detox diet is a structured eating plan designed to eliminate inflammatory foods and introduce nutrient-dense options, aiming to reduce the toxic load on the body. Developed by Dr. Mark

Hyman, a renowned physician and advocate for functional medicine, this detox is more than just a short-term cleanse; it's a gateway to understanding how food impacts your health and a tool for identifying potential food sensitivities. The core principle revolves around simplifying your diet and focusing on whole, unprocessed foods that nourish your body at a cellular level. This approach emphasizes eliminating common culprits of inflammation and digestive distress, such as gluten, dairy, sugar, processed foods, and certain food additives.

This dietary reset is not about starvation or deprivation. Instead, it's a strategic elimination and reintroduction process designed to help you pinpoint foods that may be contributing to symptoms like fatigue, digestive issues, skin problems, and brain fog. By removing these potential offenders for a period, you allow your body to heal and reset. Following the Dr Hyman 10 day detox diet involves a strict adherence to a list of permitted and forbidden foods, with a strong emphasis on plant-based nutrition and lean proteins. The goal is to support the body's natural detoxification pathways, improve gut health, and restore metabolic balance.

The Philosophy Behind Dr. Hyman's Detox Approach

Dr. Mark Hyman's approach to detoxification is rooted in the principles of functional medicine, which seeks to address the root causes of illness rather than just managing symptoms. His philosophy centers on the idea that our modern environment and dietary habits can lead to chronic inflammation and a buildup of toxins, which can manifest in a wide range of health issues. The Dr Hyman 10 day detox diet is a practical application of this philosophy, designed to remove these inflammatory triggers and support the body's inherent ability to heal and regenerate.

A key tenet of Dr. Hyman's work is the concept of "Food as Medicine." He believes that the food we eat has a profound impact on our genetic expression, hormonal balance, and overall physiological function. The detox diet aims to reacquaint individuals with the power of real, whole foods, demonstrating how they can be used to combat disease and promote vitality. Furthermore, Dr. Hyman emphasizes the importance of personalized nutrition, recognizing that what works for one person may not work for another. While the 10-day detox provides a standardized framework, the ultimate goal is to use the experience to inform future dietary choices based on individual responses.

What to Eat on the Dr Hyman 10 Day Detox Diet

The cornerstone of the Dr Hyman 10 day detox diet is a focus on nutrient-dense, whole foods. The emphasis is on creating a nourishing environment for your body to heal and repair. The diet encourages a high intake of non-starchy vegetables, lean proteins, healthy fats, and specific fruits. The goal is to flood your system with vitamins, minerals, antioxidants, and fiber while simultaneously removing inflammatory

foods that can disrupt your gut and metabolism.

Here's a breakdown of the food categories typically included in the Dr. Hyman 10-day detox:

- **Non-Starchy Vegetables:** These should form the bulk of your meals. Think leafy greens like spinach, kale, and romaine lettuce; cruciferous vegetables such as broccoli, cauliflower, and Brussels sprouts; and other colorful options like bell peppers, zucchini, asparagus, and green beans.
- **Lean Proteins:** Opt for high-quality protein sources. This includes wild-caught fish (salmon, mackerel), organic poultry (chicken, turkey), and plant-based proteins like lentils and beans (if tolerated).
- **Healthy Fats:** Essential for hormone production and satiety, healthy fats are encouraged. Examples include avocados, nuts (almonds, walnuts), seeds (chia seeds, flaxseeds), and olive oil.
- **Fruits:** Certain fruits are allowed in moderation, primarily those lower in sugar and rich in antioxidants. Berries (blueberries, raspberries, strawberries), apples, and pears are generally good choices.
- **Herbs and Spices:** These are not only flavor enhancers but also packed with beneficial compounds. Use them liberally to add taste and therapeutic value to your meals.
- **Water:** Staying hydrated is crucial. Plain water, herbal teas, and infused water are recommended.

The Dr Hyman 10 day detox diet also strongly advocates for the inclusion of green smoothies, which are a convenient way to consume a large quantity of nutrient-rich vegetables and fruits. These smoothies are carefully formulated to provide sustained energy and essential nutrients without causing blood sugar spikes.

Foods to Avoid During the Dr Hyman 10 Day Detox Diet

The elimination of specific foods is a critical component of the Dr Hyman 10 day detox diet. These foods are often identified as common triggers for inflammation, digestive upset, and other health issues. By temporarily removing them, individuals can observe how their bodies respond and identify potential sensitivities. This strict avoidance period allows for a reset, making it easier to reintroduce foods later and assess tolerance.

Here are the key food categories to avoid:

- **Gluten:** This includes wheat, barley, and rye. Gluten can be inflammatory for many people, particularly those with Celiac disease or non-celiac gluten sensitivity.
- **Dairy:** All forms of dairy, including milk, cheese, yogurt, and butter, are typically excluded. Lactose intolerance and dairy allergies are common, and dairy can also contribute to inflammation.
- **Sugar and Artificial Sweeteners:** Refined sugars, high-fructose corn syrup, and all artificial sweeteners are strictly forbidden. These can disrupt blood sugar regulation, promote inflammation, and feed harmful gut bacteria.
- **Processed Foods:** This is a broad category that includes anything in a package with a long ingredient list, preservatives, artificial colors, and flavors. Think packaged snacks, processed meats, fast food, and refined grains.
- **Alcohol:** Alcohol is a toxin that burdens the liver and can disrupt gut health. It is completely eliminated during the detox.
- **Caffeine:** While some variations might allow organic coffee in moderation, many versions of the detox recommend avoiding caffeine to reduce adrenal stress and improve sleep quality.
- **Legumes (initially):** Some versions of the detox, especially earlier ones, recommend avoiding legumes for the initial period due to potential digestive sensitivities. However, Dr. Hyman often includes them in the Pegan Diet for their nutrient density. It's important to check the specific guidelines you are following.
- **Starchy Vegetables and Grains:** While whole grains and starchy vegetables are generally healthy, they are often limited or excluded during the initial detox phase to simplify the diet and reduce potential inflammatory responses. This can include potatoes, corn, rice, and oats in some protocols.
- **Nightshades:** Some individuals find that nightshade vegetables (tomatoes, peppers, eggplant, potatoes) can be inflammatory. Depending on the specific detox protocol or individual sensitivities, these might be temporarily excluded.

Adhering to this list is crucial for the success of the Dr Hyman 10 day detox diet. The goal is to provide your body with a clean slate, free from common irritants.

The Role of Green Smoothies in Dr Hyman's Detox

Green smoothies are a signature element of the Dr Hyman 10 day detox diet, and for good reason. They offer a highly efficient and delicious way to pack a significant nutritional punch into your day. The primary function of these smoothies is to provide a concentrated dose of vitamins, minerals, fiber, and antioxidants, all in an easily digestible format. This makes them an excellent breakfast or snack option, ensuring you start your day with sustained energy and vital nutrients.

The strategic combination of ingredients in Dr. Hyman's green smoothies is designed to optimize detoxification and support overall health. Typically, they include a base of leafy greens such as spinach or kale, which are packed with chlorophyll, vitamins, and minerals. These are then blended with fruits like berries or apples for natural sweetness and additional antioxidants. Healthy fats, such as avocado or a spoonful of almond butter, are often incorporated to increase satiety and aid in the absorption of fat-soluble vitamins. Sometimes, seeds like chia or flaxseeds are added for their omega-3 fatty acid and fiber content.

By replacing processed breakfast foods or sugary snacks with these nutrient-dense smoothies, you can avoid blood sugar spikes and crashes, leading to more stable energy levels throughout the day. The high fiber content also promotes healthy digestion and helps to keep you feeling full, which is essential for managing hunger during a detox. The Dr Hyman 10 day detox diet effectively leverages green smoothies as a tool to nourish the body while simultaneously supporting its natural cleansing processes.

Benefits of the Dr Hyman 10 Day Detox Diet

Engaging in the Dr Hyman 10 day detox diet can offer a wide array of potential benefits for individuals seeking to improve their health and well-being. This structured approach to eating is designed not just for a temporary cleanse but as a catalyst for lasting positive changes in dietary habits and overall vitality. By eliminating inflammatory foods and focusing on nutrient-dense options, the body is given an opportunity to recalibrate and optimize its functions.

Some of the commonly reported benefits include:

- **Increased Energy Levels:** Many individuals report feeling a significant boost in energy and a reduction in fatigue. This is often attributed to stabilizing blood sugar levels, reducing inflammation, and improving the efficiency of nutrient absorption.
- **Improved Digestion:** By removing common digestive irritants like gluten, dairy, and processed sugars, the gut has a chance to heal. This can lead to reduced bloating, gas, and improved regularity.

- **Enhanced Mental Clarity:** Many people experience what is often called "brain fog" due to diet. Removing inflammatory foods and focusing on nutrient-rich ingredients can lead to improved focus, concentration, and cognitive function.
- **Weight Management:** While not strictly a weight-loss diet, the Dr Hyman 10 day detox diet can promote weight loss as a side effect of eliminating calorie-dense, nutrient-poor processed foods and focusing on whole, fiber-rich options that increase satiety.
- **Reduced Cravings:** By stabilizing blood sugar and eliminating addictive processed foods and sugars, the detox can help to reduce cravings for unhealthy items, making it easier to make healthier choices long-term.
- **Identification of Food Sensitivities:** The elimination phase allows you to remove common allergens and triggers. Upon reintroduction, you can better identify which foods may be causing adverse reactions for your body.
- **Improved Skin Health:** Inflammation and certain food triggers can manifest as skin problems like acne or eczema. Detoxing can help to clear the skin by reducing internal inflammation.
- **Better Sleep:** By reducing stimulants like caffeine and sugar, and promoting a more balanced hormonal environment, many people find their sleep quality improves.

These benefits underscore the comprehensive impact that a well-structured detox, like the Dr Hyman 10 day detox diet, can have on overall health and well-being.

Potential Side Effects and How to Manage Them

While the Dr Hyman 10 day detox diet is designed to be beneficial, it's important to be aware of potential side effects that can arise as your body adjusts to the significant dietary changes. These symptoms are often temporary and indicative that your body is undergoing a cleansing process, but they can be uncomfortable. Understanding them in advance can help you prepare and manage them effectively.

Common side effects and management strategies include:

- **Headaches:** These are often a result of caffeine withdrawal, sugar withdrawal, or the body releasing stored toxins. Staying well-hydrated, ensuring adequate sleep, and incorporating gentle exercise can help. Some individuals may find that a small amount of organic coffee or herbal tea can ease withdrawal symptoms if caffeine is a significant part of their usual diet.

- **Fatigue and Low Energy:** Initially, some people may experience a dip in energy as their body adapts to a new fuel source and the detoxification process begins. This is usually temporary. Prioritize rest and sleep, and ensure you are consuming enough nutrient-dense foods and water.
- **Digestive Upset (Bloating, Gas, Constipation/Diarrhea):** As your gut microbiome shifts and begins to process new foods and eliminate waste, some temporary digestive disturbances can occur. Increasing your intake of fiber-rich vegetables and water is crucial. Probiotic-rich foods (once reintroduced or in carefully selected supplements) can also be beneficial for rebalancing gut flora.
- **Irritability and Mood Swings:** Blood sugar fluctuations and withdrawal from stimulants like sugar and caffeine can affect mood. Managing stress through techniques like meditation or deep breathing, and ensuring consistent meals can help stabilize mood.
- **Detox Rash or Skin Breakouts:** In some cases, toxins being eliminated through the skin can cause temporary rashes or breakouts. Ensure you are sweating regularly through exercise or sauna use (if tolerated) and keeping the skin clean.
- **Cravings:** While the goal is to reduce cravings, you might experience them, especially in the initial days. Keep healthy snacks readily available, drink plenty of water, and remind yourself of the benefits you are working towards.

It's crucial to listen to your body throughout the Dr Hyman 10 day detox diet. If any symptoms are severe or persistent, it's advisable to consult with a healthcare professional.

Preparing for the Dr Hyman 10 Day Detox Diet

Successful adherence to the Dr Hyman 10 day detox diet is significantly enhanced by thorough preparation. This involves not only stocking your pantry with the right foods but also mentally preparing yourself for the commitment and making necessary lifestyle adjustments. A well-planned approach can minimize disruptions and maximize the positive outcomes of the detox.

Here are key steps for preparation:

- **Educate Yourself:** Thoroughly read Dr. Hyman's guidelines or the specific detox plan you are following. Understand the rationale behind the food choices and restrictions.
- **Meal Planning:** Create a meal plan for the entire 10 days. This will ensure you have all the necessary ingredients and reduce the temptation to deviate due to lack of options.

- **Grocery Shopping:** Make a detailed grocery list and shop for all your permitted foods in advance. Focus on fresh, organic produce, quality proteins, and healthy fats.
- **Kitchen Cleanse:** Remove any trigger foods from your pantry and refrigerator. This includes sugary snacks, processed items, alcohol, and anything else that doesn't align with the detox guidelines. Having these items readily available can be a major obstacle.
- **Hydration Station:** Set up a system for staying hydrated. Have a water bottle readily accessible and consider preparing infused water with lemon, cucumber, or mint.
- **Mindset Preparation:** Acknowledge that there may be challenges. Frame the detox as an opportunity for self-care and a step towards improved health, rather than a punishment.
- **Inform Your Household:** If you live with others, let them know about your detox. Their understanding and support can be invaluable.
- **Plan for Social Events:** If possible, try to schedule the detox during a period with fewer social obligations that might involve eating out or consuming restricted foods. If unavoidable, plan how you will navigate these situations.
- **Prepare Staples:** Make large batches of staples like cooked quinoa (if permitted), roasted vegetables, or chopped salad ingredients to make meal preparation easier during the detox.

Taking the time to prepare properly for the Dr Hyman 10 day detox diet sets a strong foundation for a successful and beneficial experience.

Navigating the Transition After the Detox

Completing the Dr Hyman 10 day detox diet is a significant achievement, but the journey doesn't end there. The crucial phase of reintroducing foods and establishing sustainable healthy eating habits begins after the 10 days. This transition period is vital for maintaining the benefits gained and preventing a relapse into old patterns. The goal is to use the insights gained from the detox to make informed, long-term dietary choices.

Here's how to navigate the transition:

- **Gradual Reintroduction:** Reintroduce foods one by one, every 2-3 days. Start with foods that were previously eliminated and are generally considered healthy, such as legumes (if not consumed

during the detox), a wider variety of fruits, and perhaps certain healthy grains.

- **Observe Your Body's Response:** Pay close attention to how your body reacts to each reintroduced food. Note any return of previous symptoms like bloating, fatigue, skin issues, or digestive discomfort. This is the key to identifying personal food sensitivities.
- **Prioritize Whole Foods:** Continue to build your diet around the principles of the detox: whole, unprocessed foods, plenty of vegetables, lean proteins, and healthy fats.
- **Limit Processed Foods and Refined Sugars:** While you can now reintroduce some foods, it's wise to maintain a healthy relationship with processed items and sugary treats. Enjoy them in moderation and focus on quality.
- **Hydration is Key:** Continue to drink plenty of water throughout the day.
- **Listen to Your Body:** This is perhaps the most important takeaway from the detox. Your body will tell you what works for you. If a certain food consistently makes you feel unwell, it's best to avoid it.
- **Consult with a Professional:** If you have significant concerns about food sensitivities or establishing a long-term healthy eating plan, consider consulting with a registered dietitian or a functional medicine practitioner.
- **Maintain Key Habits:** If you found benefits from green smoothies or regular exercise, aim to incorporate these habits into your ongoing lifestyle.

The transition phase allows you to personalize your dietary approach, building upon the foundation of the Dr Hyman 10 day detox diet to create a sustainable path to lasting health.

Is the Dr Hyman 10 Day Detox Diet Right for You?

The Dr Hyman 10 day detox diet can be a powerful tool for many individuals seeking to improve their health, but it's not necessarily suitable for everyone. Before embarking on this dietary reset, it's important to consider your current health status, lifestyle, and individual needs. Understanding the potential benefits and drawbacks, as well as consulting with healthcare professionals, can help you make an informed decision.

Consider the following when deciding if the Dr Hyman 10 day detox diet is right for you:

- **Health Goals:** If your primary goals are to reduce inflammation, improve digestion, increase energy, identify food sensitivities, or kickstart a healthier lifestyle, this detox may be an excellent option.
- **Commitment Level:** The detox requires a significant commitment to preparing meals, adhering to a strict food list, and potentially managing temporary side effects. If you have a very busy or stressful period ahead, it might be better to postpone the detox.
- **Existing Health Conditions:** Individuals with certain medical conditions, such as diabetes, kidney disease, or autoimmune disorders, should consult with their doctor or a qualified healthcare provider before starting any new dietary regimen, including a detox. Pregnant or breastfeeding women should also avoid detoxes.
- **Relationship with Food:** If you have a history of disordered eating or a sensitive relationship with food, a restrictive detox diet might not be appropriate. It's important to approach health with a balanced and nourishing perspective.
- **Support System:** Having the support of family, friends, or a healthcare professional can greatly increase your chances of success.
- **Previous Detox Experiences:** If you've tried similar detoxes before and had adverse reactions, it's wise to proceed with caution or explore alternative approaches.

Ultimately, the Dr Hyman 10 day detox diet is a personalized journey. While it offers a structured path to improved health for many, listening to your body and seeking professional guidance ensures it aligns with your individual health needs and goals.

Frequently Asked Questions

What is the Dr. Hyman 10-Day Detox Diet?

The Dr. Hyman 10-Day Detox Diet, also known as the Pegan Diet principles applied for a short detox, focuses on eliminating inflammatory foods and emphasizing whole, nutrient-dense foods like vegetables, fruits, lean proteins, and healthy fats to promote detoxification and improve overall health.

What are the key principles of the Dr. Hyman 10-Day Detox Diet?

Key principles include eliminating sugar, processed foods, gluten, dairy, legumes, and alcohol. It emphasizes consuming non-starchy vegetables, fruits in moderation, lean proteins, and healthy fats, aligning with a Pegan (Paleo + Vegan) approach.

What foods are typically eliminated during the 10-day detox?

Foods eliminated typically include all added sugars, processed foods, grains (especially gluten), dairy products, legumes (beans, lentils, peanuts), soy, alcohol, and artificial sweeteners.

What foods are encouraged on the Dr. Hyman 10-Day Detox Diet?

Encouraged foods include a wide variety of non-starchy vegetables, low-glycemic fruits, lean animal proteins (fish, poultry, grass-fed meat), healthy fats (avocado, nuts, seeds, olive oil), and gluten-free seeds.

What are the potential benefits of following the Dr. Hyman 10-Day Detox Diet?

Potential benefits can include reduced inflammation, improved energy levels, better digestion, clearer skin, weight loss, and a greater awareness of how food affects the body.

Is the Dr. Hyman 10-Day Detox Diet suitable for everyone?

It's generally not recommended for pregnant or breastfeeding women, individuals with certain medical conditions, or those with a history of eating disorders. Consulting with a healthcare professional before starting any new diet is always advised.

Can I lose weight on the Dr. Hyman 10-Day Detox Diet?

Yes, weight loss is a common outcome due to the elimination of calorie-dense processed foods and sugars, and the focus on nutrient-dense, lower-calorie options. However, it's important to remember that the primary goal is detoxification and improving health, not just weight loss.

What are some common side effects of the Dr. Hyman 10-Day Detox Diet?

Some individuals may experience temporary side effects like fatigue, headaches, irritability, or digestive changes as their body adjusts to the new eating pattern and withdraws from certain foods.

How should I transition off the Dr. Hyman 10-Day Detox Diet?

The transition should be gradual, reintroducing foods slowly and observing how your body responds. Prioritizing whole, unprocessed foods will help maintain the benefits achieved during the detox phase.

Does Dr. Hyman recommend this as a long-term diet?

The 10-day detox is typically presented as a short-term reset. Dr. Hyman advocates for sustainable, healthy eating patterns that incorporate many of the principles of the detox but can be maintained long-term for

optimal health and well-being.

Additional Resources

Here are 9 book titles related to a Dr. Hyman-style detox diet, with descriptions:

1. *The Ultra Metabolism Solution*

This book by Dr. Mark Hyman offers a comprehensive approach to optimizing metabolism for weight loss and improved health. It delves into the principles of functional medicine and how to identify and address metabolic dysfunction. Readers will learn strategies for resetting their bodies through diet and lifestyle changes, which often align with detox protocols.

2. *Eat Fat, Get Thin: Why the Fat-Absorbing Market Made Us Fat--and What You Can Do to Become Thin, Healthy, and Happy*

Another work by Dr. Hyman, this title challenges conventional low-fat dietary advice and advocates for the benefits of healthy fats. It explains how to incorporate more fat into your diet to achieve satiety and improve metabolic health. The book's focus on whole, unprocessed foods and the elimination of harmful ingredients makes it relevant to a detox approach.

3. *The Pegan Diet: 21 Principles for Reclaiming Your Health and Thriving in the 21st Century*

This book by Dr. Hyman synthesizes principles from both paleo and vegan diets to create a balanced eating plan. It emphasizes nutrient-dense foods, the importance of gut health, and reducing inflammation. The book's holistic approach to nutrition provides a solid foundation for a dietary reset and detoxification.

4. *Detox Your Body: A Simple Guide to Releasing Toxins and Revitalizing Your Health*

While not specifically by Dr. Hyman, this title suggests a direct focus on the detoxification process. It would likely outline practical steps and dietary recommendations for cleansing the body of harmful substances. The emphasis on revitalization points to improved energy and well-being, common goals of detox diets.

5. *The Blood Sugar Solution: The Brain-Boosting Power of a Low-Sugar Diet*

Dr. Hyman's exploration of blood sugar regulation is central to his overall health philosophy. This book explains how managing blood sugar through diet can impact weight, energy levels, and overall health. By reducing sugar intake and focusing on whole foods, this approach naturally supports a detoxifying effect.

6. *Clean Gut: The Practical Guide to Feeling Better, Losing Weight, and Erasing Your Food Cravings*

This book likely addresses the critical role of gut health in overall well-being and detoxification. It would provide actionable advice on identifying and eliminating foods that negatively impact the gut microbiome. A healthy gut is considered foundational for effective detoxification and nutrient absorption.

7. *The Inflammation Revolution: Transform Your Health by Ending Chronic Inflammation*

Chronic inflammation is a key target of many detox diets, and this title directly addresses it. It would explain the causes and consequences of inflammation and offer dietary strategies to combat it. By reducing

inflammatory foods, readers can support their body's natural detoxification processes.

8. *Dirty Genes: Break the Cycle of Chronic Disease and Discover the Power of Your Genetic Destiny*

Dr. Hyman's work often touches upon genetic predispositions and how diet and lifestyle can influence their expression. This book would explore how certain genetic factors can impact detoxification pathways and overall health. Understanding "dirty genes" can empower individuals to make targeted dietary choices that support their body's natural cleansing abilities.

9. *The UltraMind Solution: Fix Your Brain by Healing Your Body*

This book by Dr. Hyman links physical health to cognitive function, emphasizing the brain's role in the body's overall well-being. It explores how diet and detoxification can positively impact brain health, mood, and mental clarity. By addressing systemic issues through a detox-oriented approach, readers can aim for a healthier mind and body.

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