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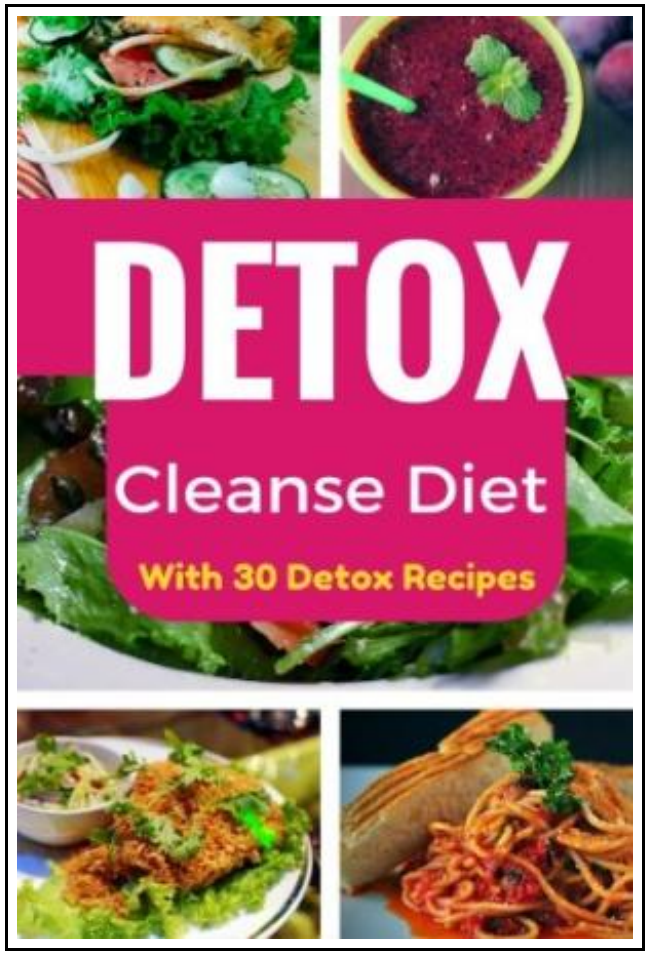

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Reviews

Complete information! Its such a great study. It is probably the most amazing book i have got study. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Mr. Roger Luettgen III)

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Detox Cleanse Diet Do you have a problem in losing weight? Have you been eating a lot of junk food recently? Have you been feeling like Depressed, heavier, sleep deprived or sluggish? Do you suffer from frequent mild headaches or skin problems? Want to remove unwanted toxins from your body? This book will help you to solve your problems through detox diet. Quick introduction Human body is innately genetically designed to fight against toxin. It is designed to process nutrients and take toxins. It is built in that way it will eliminate bad toxins. The problem is, if our body can handle toxic environment, then why we are suffering from various diseases? The answer to this is our body is Over tasked. Our body is not built to handle that much work. In today s world cancer and heart diseases are not uncommon. Every 10 out of 6 people in the world are dying of these diseases. This is a shocking fact as neither one of these are genetic. The simple reason for this is our Lifestyle choices. These are totally dependent on the path we choose to live our life. Spotty skin, Dry, fungal infections, headaches, depression, bloating, lack of energy, allergies, joint pain, gas and constipation these may all be indications that your body has more toxin than it can handle. To overcome above all problems you have to follow healthy lifestyle and this book will help you to achieve that healthy lifestyle. Table of Content Introduction 1) What is Body Detoxification? 2) Why Detoxify Body? 3) Sources, Symptoms and Effects of Toxins 4) How to Detox Body? 5) Best Foods for Body...

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