

[PDF] 7-Day Detox Miracle, Revised 2nd Edition: Revitalize Your Mind And Body With This Safe And Effective Life-Enhancing Program

Peter Bennett N.D., Stephen Barrie N.D., Sara Faye - pdf download free book



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Description:

Review Rejuvenate and Refresh Your Body Starting Today!

From the Inside Flap Rejuvenate and Refresh Your Body Starting Today!

There is an effective way to free yourself of chronic aches and pains, feel healthier, and be more energetic. It's called *detoxification*, a process that stimulates your body's natural ability to cleanse itself. Inside, you'll discover a simple seven-day detoxification program that will help you improve resistance to disease, normalize weight, and increase physical and mental stamina. Completely updated and revised, this edition features easy-to-prepare recipes, sample menu plans, and everything else you need to begin your new life of healthier living?today!

A Sample 7-day Home Detox Program

- Healthful diet of liquids, fresh fruits and vegetables, and rice
- Specific vitamins, minerals, amino acids, and herbs
- Home hydrotherapy and a one-week toxin-free lifestyle
- Healthier living

"Similar to an oil change for your car, the *7-Day Detox Miracle* can clean and improve the filtering of your internal fluids in a way that produces immediate benefits in fighting disease."?Michael T.

Murray, N.D., co-author, *Encyclopedia of Natural Medicine*

"This fine work again proves to me there is something 'miraculous' to be found in the time-honored precepts of naturopathic medicine."?Peter J. D'Adamo, N.D., author, *Eat Right 4 Your Type*

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