



The Ultimate 10 Day Detox Diet Guide: Lose Weight Quickly, Achieve Optimal Health and Feel Energized Through the 10 Day Detox (Paperback)

By Emma Rose

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Clear Both the Body and the Mind You re about to discover how to. Do an effective detoxification of both the body and the mind while still retaining the needed nourishment. After all, forced starvation is dangerous in so many ways. Never trust other detoxification schemes that do not deliver results as promised and will make your health even worse! 10 days is all it takes to detoxify your body! 10 days is short enough to not be torturous and long enough to get the results. It s a manageable time frame that anyone can be successful at. Here Is a Preview Of What You ll Learn. Modern lifestyles carry lots of toxins that may harm your body.The body has its own ways of detoxification, but they are not enough.Cleansing the mind is as important as cleansing the body.Consider the detox diet as a transition phase to an overall healthier lifestyle.Everything organic is good.Never starve and deprive yourself of necessary nutrients.Colon cleansing is out of the question.Diet as an end to the means, not a means to the...



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Reviews

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