



## Detoxing Your Body - A Simple Guide: 88 Tips on How to Detox Naturally, Eliminate Toxins and Boost Vitality

By Dominic Summers

Createspace, United States, 2015. Paperback. Book Condition: New. Gracie K Jones (illustrator). 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.88 Ways to Help You Accelerate Weight Loss, Prevent Disease, Increase Energy and Detox Naturally If you suffer with repeated colds and flu, bloating, digestive problems, fatigue or skin breakouts, then your body may have the all tell-tale signs of harmful toxic build-up. But by making some simple changes in your diet, fitness and lifestyle habits, you can safely eliminate toxins, accelerate weight loss, minimize sickness, increase your energy and achieve optimum health. Detoxing Your Body - A Simple Guide is a quick reference handbook containing a compilation of simple solutions, tips and ideas for beginners on how to transition into a healthier lifestyle through natural detoxification. Filled with implementable advice in an easy to read format, you'll find lots of straightforward information broken down into digestible nuggets, designed to help cleanse and heal you both physically and mentally. In this book you'll discover: Cleansing your body for newbies: The why's, what's, how's and other FAQs of toxins and natural detoxification The Detox Grocery List: The best foods for healing and rejuvenating your...



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