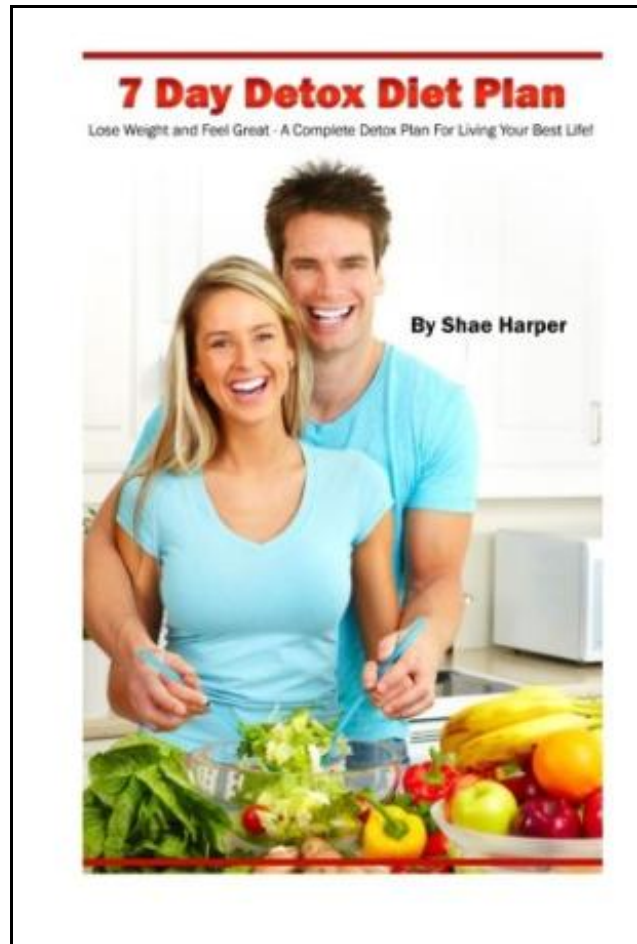


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Createspace, United States, 2013. Paperback. Book Condition: New. 228 x 162 mm. Language: English . Brand New Book ***** Print on Demand *****.If you've been feeling tired, run down, achy, out of sync, or just plain off, physically and emotionally, you may need to detox. What does it mean to detox? and What's involved in detoxing? you might ask. A detox is simply an intentioned effort to rid the body of anything that is bringing it down, or anything that may be present that is making it sick, lethargic, or just plain unwell. When we talk about detoxing, most people think about consuming special detox foods, like green juices, lemon water, and targeted cleansing foods. These methods for detox are certainly an important part of an overall detox plan, but when your body shows symptoms of needing detoxification, a good detox plan will address exercise, lifestyle, and our personal environment as facets of our lives that are of equal importance in the cleansing and healing process. There are 4 main areas of our life that we need to detox from everything negative, if we wish to realize good health and vitality. In this book, I will address each of these areas separately, giving special attention to the food that we eat. I'll offer tips for detoxing the body through focused efforts centering around: * Food * Exercise * Your Mind * Your Environment There is a 2 Day and 7 Day Detox Diet Plan that you can follow as well as many healthy clean eating recipe ideas for maintaining a health diet. See below for the topics that will be covered inside this book: WHAT IS A DETOX? HOW DO I KNOW I NEED A DETOX - WHAT ARE THE SYMPTOMS? HOW WILL I BENEFIT FROM A...

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