



Detoxification - All you need to know to recharge, renew and rejuvenate your body, mind and spirit!

Linda R. Page

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More than twenty-five thousand new toxins enter our environment each year. Detoxification and body cleansing is a necessary commitment in today's world - a way of life - for good health.

In this complete encyclopedia/guide of detailed instructions for detoxification and cleansing, Dr. Page discusses why body cleansing is necessary in today's world. She shows you: what you can expect when you detox; what a good cleanse really does; how to direct a cleanse for best results.

Also: *Detailed detox charts for special needs *Step by step instructions that guide the reader through every detox program * Extensive "Green Cuisine" recipe section *Materia Medica Detox Herbal Supplement Directory with over 90 herbs *Glossary of detox terms *List of detox-spa centers in America
*Recommended product listing *Much more!

"The commitment to having a clean body is a commitment to enjoying a better quality of life as you rejuvenate your body, mind and spirit through detoxification and body cleansing. Cleansing improves every part of your being: physical; psychological; sexual. You'll look and feel better!" - Linda Page, N.D., Ph.D.

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Samantha Flowers:

This Detoxification - All you need to know to recharge, renew and rejuvenate your body, mind and spirit! is great guide for you because the content which is full of information for you who all always deal with world and also have to make decision every minute. This book reveal it details accurately using great coordinate word or we can point out no rambling sentences inside it. So if you are read it hurriedly you can have whole data in it. Doesn't mean it only provides you with straight forward sentences but tough core information with splendid delivering sentences. Having Detoxification - All you need to know to recharge, renew and rejuvenate your body, mind and spirit! in your hand like getting the world in your arm, information in it is not ridiculous just one. We can say that no reserve that offer you world with ten or fifteen tiny right but this guide already do that. So, this can be good reading book. Hey Mr. and Mrs. active do you still doubt this?

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