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Detox Cleanse Diet: Delicious, Easy Recipes and Foods to Detox Your Body, Lose Weight and Restore Natural Balance (Paperback)

By James Heather

Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.The goal of any detox program should be to support your body in naturally cleansing itself of substances that create negative health effects and Detox Cleanse delivers that. A detox cleanse does not have to be complicated. It s an effective, whole-foods-based nutrition action plan that will reset your body natural default whilst also ridding your body of harmful toxins, preservatives and fats found in processed foods. In removing these substances from your diet you can give your body a chance to detox and heal, thus restoring it to its natural function. Detox Cleanse is different from other diet or detox programs that encourage you to consume only shakes, juices, or smoothies; or rely heavily on supplements and very-low-calorie or very-low-fat diets to ensure success. We want you to focus on eating quality protein foods, taking in just the right type of healthy fats and good carbs, so there s little disruption to your daily life. In this book you will learn the basics about what a detox cleanse is and how it works. There s also information...



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