



## Metabolic Detox: 3 Day Step-By-Step Juice Detox with Recipes

By Kylie Johnson

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you interested in cleansing your body of nasty toxins? Do you want to extend the years of your life and age well? Our body has a natural detoxification and excretory system which helps to eliminate the waste from our body. But, due to the changes in our life style and due to the changes in our food habits, sometimes our body cannot do detoxification effectively. Moreover, the environmental pollution and the use of insecticides and pesticides are making the air we breathe, the food we eat and the water we drink a source to toxic substances. The lifestyle that includes partying and consumption of junk foods and fast foods and alcohol consumption adds to the problem. All these exposures to various toxic items increase the chances of degenerative diseases. Heart diseases, cancer, obesity, high blood pressure and diabetes, gastrointestinal problems are becoming common even in people of young age. The liver is the major detoxifying organ in our body. Our intestine, kidneys and skin also play an important role in the elimination of wastes...



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