



Detox Diet: Eliminate Toxins, Rejuvenate Your Body, Look and Feel Great (Paperback)

By Steven Ballinger

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Detox diets have quickly gained a large following over the years, and as far as diets go, this one is here to stay. It is very popular because of its simplicity, its short duration, its benefits and the fact that it is natural and there are no chemicals or pills involved. Detoxification is the body's natural way of eliminating toxins which cause harm to the body's tissues, which inevitably leads to a host of other issues such as infections, nutritional deficiency, inefficient metabolism, hormonal imbalance and other diseases. The results of such physiological impairment lead to poor concentration, indigestion, muscle pain, skin problems, fatigue, bad breath, headaches, and sluggishness. Furthermore, to aid the body's detox process, the diet includes eating or drinking mostly raw organic foods that help provide antioxidants, vitamins, nutrients and a lot of fiber. If you pay much attention to healthy eating, then you know how popular detox diets have become. You may also have heard how hard they are to maintain and that this sort of diet requires a great deal of discipline...



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Reviews

Extensive information! Its this sort of great read through. It is amongst the most incredible book i have go through. I realized this publication from my i and dad suggested this book to understand.

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Complete guide for publication fanatics. It is full of knowledge and wisdom You will not really feel monotony at at any time of your respective time (that's what catalogues are for about should you question me).

-- Arely Dare