



7-Day Detox Miracle: Revitalize Your Mind and Body with This Safe and Effective Life-Enhancing Program

Peter Nd Bennett, Stephen Nd Barrie, Sara Faye

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Rejuvenate and Refresh Your Body Starting Today!

There is an effective way to free yourself of chronic aches and pains, feel healthier, and be more energetic. It's called *detoxification*, a process that stimulates your body's natural ability to cleanse itself. Inside, you'll discover a simple seven-day detoxification program that will help you improve resistance to disease, normalize weight, and increase physical and mental stamina. Completely updated and revised, this edition features easy-to-prepare recipes, sample menu plans, and everything else you need to begin your new life of healthier living—today!

A Sample 7-day Home Detox Program

- Healthful diet of liquids, fresh fruits and vegetables, and rice
- Specific vitamins, minerals, amino acids, and herbs
- Home hydrotherapy and a one-week toxin-free lifestyle
- Healthier living

"Similar to an oil change for your car, the *7-Day Detox Miracle* can clean and improve the filtering of your internal fluids in a way that produces immediate benefits in fighting disease."—**Michael T. Murray, N.D., co-author, *Encyclopedia of Natural Medicine***

"This fine work again proves to me there is something 'miraculous' to be found in the time-honored precepts of naturopathic medicine."—**Peter J. D'Adamo, N.D., author, *Eat Right 4 Your Type***

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People live in this new moment of lifestyle always try to and must have the spare time or they will get lots of stress from both daily life and work. So, once we ask do people have time, we will say absolutely without a doubt. People is human not only a robot. Then we question again, what kind of activity are there when the spare time coming to a person of course your answer will certainly unlimited right. Then ever try this one, reading publications. It can be your alternative with spending your spare time, the book you have read will be 7-Day Detox Miracle: Revitalize Your Mind and Body with This Safe and Effective Life-Enhancing Program.

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