



Detox: The Master Cleanse Diet

Nancy N. Wilson

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Do you want a strong, healthy body that works on the highest level of efficiency and supports the lifestyle that you want? If so, this book is for you! Alternative health practitioners have been saying for years that toxins in many forms are continuously entering our bodies – from pesticides, processed foods, polluted air and impure water. We have little or no control over exposure to some of the toxins, such as pesticides and polluted air; but, for the average person sugary and salty foods, trans-fats, and caffeine (plus others) are actively chosen as part of their daily diets. Once the toxins are introduced into the body (regardless of how they get there) if they are not cleaned out properly, the body may hold onto them in the digestive track (especially the colon), the lymph nodes, the gastrointestinal system, plus the skin and hair cells. If the body accumulates an excessive amount of toxic waste, it can create fatigue, headaches, unhealthy weight gain, low energy, stomach aches and nausea, plus it can cause a number of chronic diseases. The liver and kidneys are forced to work overtime to get rid of them; but those organs can only do so much; and help is needed to give them a rest, which is exactly the purpose of a detoxification process and the reason for this book. If all of that is even a possibility, it would be wise to do take action today and DETOXIFY your body for better health!

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