



Detox:30 Cleansing Recipes For A Renewed You: A Drink A Day To Keep The Doctor Away, Boost Metabolism, Lose Weight, Look And Feel Great

Joseph J. Miller

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Finally...all you ever needed to know about detox, in one easy read!

You've no doubt heard a lot about detox – the hot new trend for cleansing your body and losing weight. But if you have questions, such as how exactly a detox works and if it will benefit you personally, then this is the book for you.

Discover why absolutely everyone should detox from time to time and how it will affect you both physically and mentally. Find out how it works for weight loss and what you can expect. You will cleanse your system, get energized and lose weight safely and confidently following the expert advice in this easy-to-read book.

Most importantly, learn the right way to go about a detox and what you should do to prepare for one. Recipes are included!

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