

Clear Both the Body and the Mind You're about to discover how to... Do an effective detoxification of both the body and the mind while still retaining the needed nourishment. After all, forced starvation is dangerous in so many ways. Never trust other detoxification schemes that do not deliver results as promised and will make your health even worse! 10 days is all it takes to detoxify your body! 10 days is short enough to not be torturous and long enough to get the results. It's a manageable time frame that anyone can be successful at. Are you worried about your body's bombardment with toxins despite taking great care and using methods to help your body get rid of them? If yes, this book is going to be a vital source in solving all your problems related to detoxing your body from harmful toxins. This book contains proven steps and strategies on how to not just simply flush out toxic substances from our bodies, but also enhance the way our bodies naturally flush out those toxins. You will come to know several ways toxins enter our body from the food we eat, the water we drink and the air we breathe. This book also contains other important information such as the most common toxins that are found in the environment that are unknowingly consumed, the many ways our bodies naturally detoxify themselves, and the things one must and must not do. It explains reasons for removing toxins from body, helpful detoxification recipes, and some important reminders that must be taken before, during and after the detox diet. This guide will simplify the detoxification process with recipes and the necessary precautions to take each and every step of the whole process. Here Is a Preview Of What You'll Learn... Modern lifestyles carry lots of toxins that may harm your bodyThe body has its own ways of detoxification, but they are not enoughCleansing the mind is as important as cleansing the bodyConsider the detox diet as a transition phase to an overall healthier lifestyleEverything organic is goodNever starve and deprive yourself of necessary nutrientsColon cleansing is out of the questionDiet as an end to the means, not a means to the end Learn the best way to detox yourself without doing harm to your body. Tags: 10 day detox, cleanse, 10 day detox diet, detox, detox diet, diet, weight loss, lose weight, lose weight fast, 10 day green smoothie cleanse, 10 day green smoothie, 10 day smoothie cleanse, 10 day green, 10 day cleanse, 10 day smoothie, 10 day green smoothie diet, 10 day detox diet mark hyman, 10 day detox solution, 10 day detox hyman, 10 day detox diet cookbook, 10 day detox diet hyman, 10 day detox kindle, 10 day detox diet recipes, 10 day detox cookbook, 10 day detox diet kindle, detox cleanse, cleanse diet, cleanse and detox your body, cleanse body, cleanse your body, cleanse books, cleanse your body clear your mind

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