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## Internal Cleansing, Rev 2e (Paperback)

By Linda Berry

Prima Publishing,U.S., United States, 2001. Paperback. Condition: New. 2nd Revised edition.

Language: English . Brand New Book. Cleanse Your Body of Pollutants and Other Impurities Why not feel gloriously better? Every day our bodies are bombarded with pollutants from food, air, and stress. This buildup of toxins is bad for you and ultimately leads to fatigue, depression, and a host of other chronic health problems. In this book are ways to help you give your body a fresh start and achieve vibrant good health. You will learn how to: .Recognize and avoid toxins in air, food, and water .Use herbs, fiber, and therapeutic food powders for cleansing .Enjoy tasty recipes and follow a healthful diet to complement cleansing .Improve your digestion, your outlook on life, and your overall health A wonderful, integrated approach towards cleansing. All individuals who are trying to make their way in a congested, polluted, toxic world will greatly benefit. Jeffrey S. Bland, Ph.D., author of The 20-Day Rejuvenation Diet Program Menopause and perimenopause are times of great transition. Dr. Berry s book will help women make that time easier and more enjoyable. Mary Ann Mayo, coauthor of The Menopause Manager A comprehensive and readable guide that...

### Reviews

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