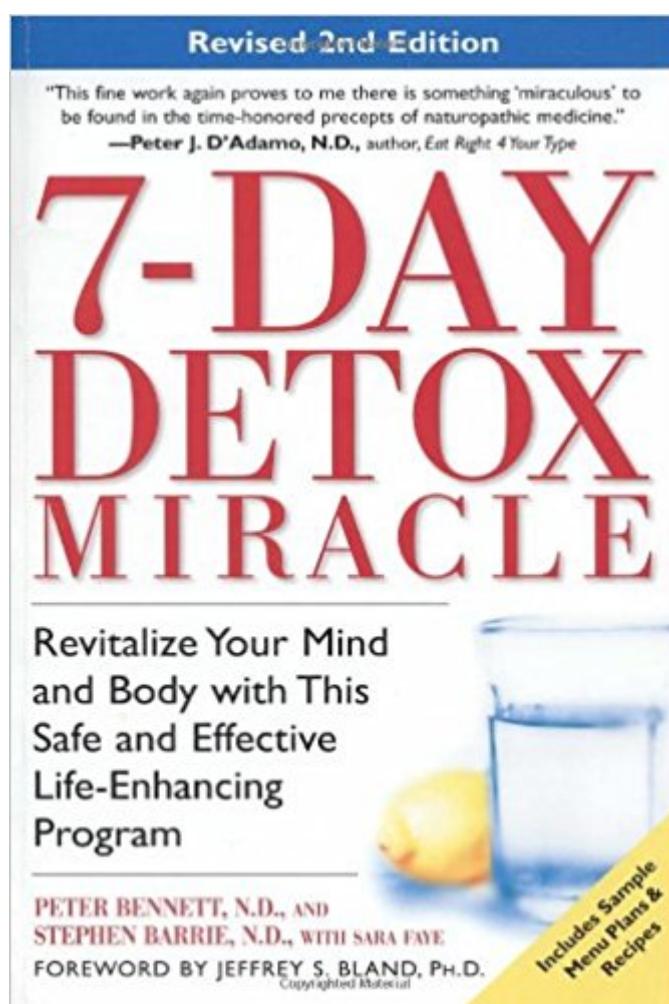


The book was found

# 7-Day Detox Miracle, Revised 2nd Edition: Revitalize Your Mind And Body With This Safe And Effective Life-Enhancing Program



## Synopsis

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. A Sample 7-day Home Detox Program A Healthful diet of liquids, fresh fruits and vegetables, and rice A Specific vitamins, minerals, amino acids, and herbs A Home hydrotherapy and a one-week toxin-free lifestyle A 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

## Book Information

Paperback: 400 pages

Publisher: Harmony; 2nd Rev ed. edition (April 12, 2001)

Language: English

ISBN-10: 0761530975

ISBN-13: 978-0761530978

Product Dimensions: 5.5 x 0.9 x 8.4 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 49 customer reviews

Best Sellers Rank: #49,934 in Books (See Top 100 in Books) #36 in Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy #67 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #79 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses

## Customer Reviews

Rejuvenate and Refresh Your Body Starting Today!

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

This is a good guide for those that want to eat healthy, to cleanse the body of toxins. The book is easy to follow and helps to understand how your body works.

Great medical resource. Hard to follow the instruction though.

Great condition of book exactly as described

Item as described and quick delivery

great book

good advice

This book is so informative! Well worth every penny, I think I may also buy the physical copy as well.

Excellent info!

[Download to continue reading...](#)

7-Day Detox Miracle, Revised 2nd Edition: Revitalize Your Mind and Body with This Safe and Effective Life-Enhancing Program Tea Cleanse: 7 Day Tea Cleanse Diet Plan: How To Choose

Your Detox Tea's, Shed Up To 10 Pounds a Week, Boost Your Metabolism and Improve Health (Tea Detox, ... Body Cleanse, Detox Tea, Flat Belly Tea) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) 14-day Zero Sugar detox diet: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight.: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight. Sugar Detox: Beat Sugar Cravings Naturally in 30 Days! Lose Up to 15 Pounds in 14 Days, Increase Energy, Boost Metabolism! (Sugar Free Diet, Sugar Detox ... 30 Day Detox, Weight Loss and More Energy) Detox Diet & Detox Recipes in 10 Day Detox: Detoxification of the Liver, Colon and Sugar With Smoothies Green Smoothie Retreat: A 7-Day Plan to Detox and Revitalize at Home The Liver Cleanse and Detox Diet: Ultimate Liver Cleansing Guide to stay Healthy and Lose Weight! (fatty liver, healthy diet detox, liver disease, cleanse ... fat loss, detox diets, healthy cooking,) Self-Healing with Sound and Music: Revitalize Your Body and Mind with Proven Sound-Healing Tools The 30-Day Faith Detox: Renew Your Mind, Cleanse Your Body, Heal Your Spirit The Miracle Ball Method: Relieve Your Pain, Reshape Your Body, Reduce Your Stress [2 Miracle Balls Included] Juice Cleanse Recipes: Juicing Detox Plans to Revitalize Health and Energy Juicing Recipes; 3 Day Detox For Weight Loss (Juice Recipes; 3 Day Detox Book 1) Miracle Girls #4: Love Will Keep Us Together: A Miracle Girls Novel (Miracle Girls Novels) The Complete Guide to Creating Oils, Soaps, Creams, and Herbal Gels for Your Mind and Body: 101 Natural Body Care Recipes Revised 2nd Edition (Back to Basics) Lilias! Yoga: Your Guide to Enhancing Body Mind and Spirit in Midlife and Beyond BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Detox (3rd Edition): 3-Day Rapid Weight Loss Detox Cleanse - Lose Up to 10 Pounds! Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind [mental power, mind control, thought control] (brain power, subconscious mind power, NLP, Neuro Linguistic Programming) Detox Diet: 4 Weeks To Rapid Weight Loss, Unstoppable Energy To Upgrade Your Life Up, Lose Up To 21 Pounds In 28 Days( Including The Very Best Detox Recipes)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)