

THE 4 WEEK ULTIMATE BODY DETOX PLAN



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"The 4-Week Ultimate Body Detox Plan" shows you how to get rid of toxins using a simple and effective step-by-step approach. Toxins can leave you feeling sluggish, achy, heavy, and out of shape. They can also lead to disease in the form of cancer, arthritis, diabetes, allergies, and many other serious illnesses.

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The 4-Week Ultimate Body Detox Plan was created by holistic nutritionist Michelle Schoffro Cook. Her program uses many forms of natural therapies to restore your body's functioning including nutrition, herbal medicine, exercise, acupuncture, meditation and massage.

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The 4 Week Ultimate Body Detox Plan Michelle Schoffro

The 4-Week Ultimate Body Detox Plan goes well beyond other health books. Instead of the medical or esoteric jargon that fills the pages of many books, it presents powerful information and insight, yet maintains an entertaining approach.

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4 Week Ultimate Body Detox Plan Teas That Help To Detox Free 21 Day Detox Menu Plan Herbalists claim that lemon is perfect for stimulating the liver and dissolving uric acid and other poisons. In addition, it liquefies bile and is nice in certain cases of illnesses such as malaria.

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