



Perfect Detox

By Gill Paul

Cornerstone. Paperback. Book Condition: new. BRAND NEW, Perfect Detox, Gill Paul, Perfect Detox is the ideal companion for anyone who wants to give their system a spring clean. Covering everything from 24-hour cleanses to full 30-day programmes, it gives step-by-step guidance on choosing the right detox plan and helpful advice to ensure that you get the full range of nutrients every day. With a unique A-Z listing that includes nutritional information about over 100 detox superfoods, Perfect Detox has everything you need to revive and rejuvenate yourself. The Perfect series is a range of practical guides that give clear and straightforward advice on everything from getting your first job to choosing your baby's name. Written by experienced authors offering tried-and-tested tips, each book contains all you need to get it right first time.



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Reviews

It is one of the most popular publication. It really is written in easy words and not difficult to understand. You are going to like how the author wrote this book.

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Completely essential go through book. This is for all who state there had not been a worthy of reading through. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Lydia Legros**