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Health and Fitness: Diet: Beginner's Cleansing Guide (Nutrition Weight Loss Cleanse) (Antioxidants Weight Watchers Detox)

Kim Anthony

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You’re about to discover the benefits of some of the most popular cleanses out there and how to perform them. There is an overwhelming amount of medical evidence that suggests our bodies are ill because they are overloaded with toxins. We all have hazardous toxins that come into our bodies and it's not just in the food, it's in the food and air we breathe also. More and more people are becoming aware of how toxic our environment really is and how important it is to go on a detox cleanse diet.

Some of the main benefits of a cleansing diet include increased energy, weight loss, increase alkaline level, healthier skin, and better sleep.

The truth is, there's a lot of different cleanses out there and this book isn't going to tell you one is better than the other. This is more of a beginner's guide to introduce you to a few of the popular cleanses so you can decide which you'll benefit the most from. With the ultimate goal of giving the tools to pick the right cleanse diet to detox your body from all those dangerous toxins.

Here Is A Preview Of What You'll Learn...

- Understanding Toxins
- Toxins Come From Four Common Sources
- The Detox Diet
- The Colon Cleanse

- The Liver Cleanse
- The Master Cleanse
- The Green Smoothie Cleanse
- The Water Cleanse
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