



Easy Detox: Transform in Just 7 Days!

By Alessandrina Lerner

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Scientists have identified over 72,000 toxins that pose a threat to our daily life. Whether it is through the food and water that we ingest, the air that we breathe, or the environment in general, the dangers of over exposure to heavy metals, chemicals and other toxic matters are significant and the imbalances that they create have a measurable negative effect on our energy level, health and overall physical, mental and emotional wellbeing. In light of our inability to completely neutralize exposure and the alarming increase in life threatening degenerative diseases and conditions more and more people suffer from in our modern societies, the process of detoxification / cleansing has become the only viable solution to limit exposure, reduce the impact of prior exposure, and thereby prevent long term damage to our immune system, individual organs and overall health and longevity. What seemed to be a luxury and fancy 10 years ago has now become a necessary strategy for optimum health wellness. So detox is not just a fad , and while juicing companies have sprouted everywhere to...



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