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3 Day Detox: Reset Your Body, Jump-Start You Metabolism and Lose Up to 10 Pounds with the Ultimate Weekend Detox Program

By Kasia Roberts Rn

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Boosting Your Metabolism, Increasing Energy and Losing Weight Starts With One Thing: Detoxing Your Body The Most Amazing Part Is: You ll shed pounds, boost your vitality and enjoy healthy glowing skin. in as little as THREE DAYS Have you been living your life, thinking that you should just be feeling better? You eat reasonably healthy, you take time for exercise and relaxation and try to focus on the positive, yet you still feel run down, sluggish and seem to be carrying around extra pounds that just won t go away. If this describes you, then you should know that it also describes an overwhelming percentage of adults. This is because even with our best efforts, we are bombarded on a daily basis with toxins. Toxins show up in our food, air and personal care products. They are in our clothes, our cars and the very air we breathe. Unfortunately, they are unavoidable. That does not mean that you need to live a life filled with the negative side effects from this toxic impact. The three day detox...



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Reviews

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