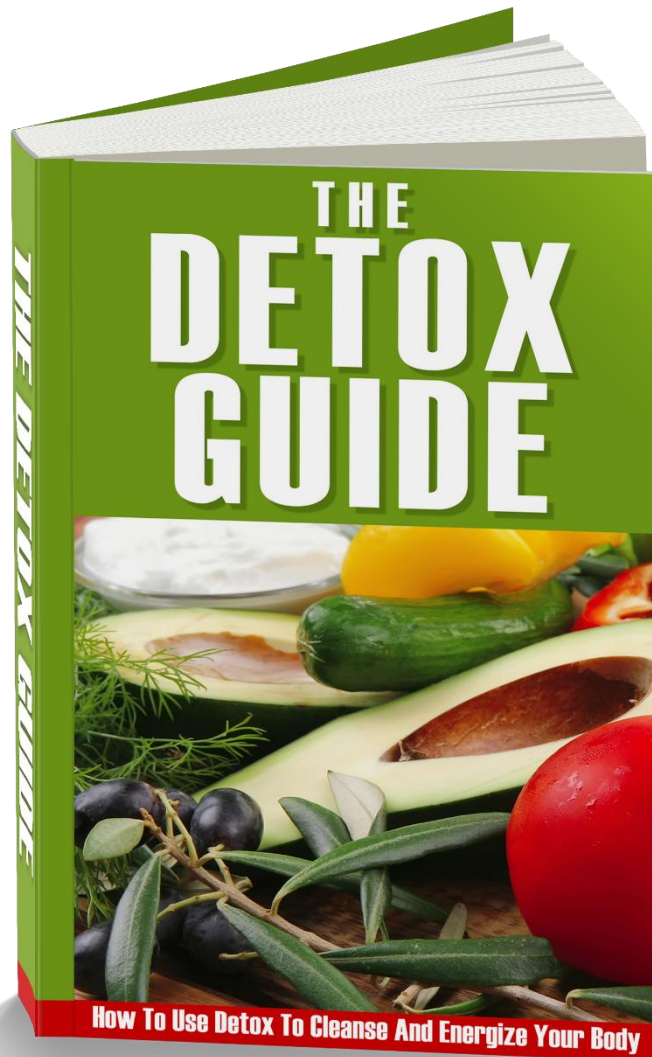


The Detox Guide

Detoxify, Cleanse, Revitalize!



The Legal Stuff

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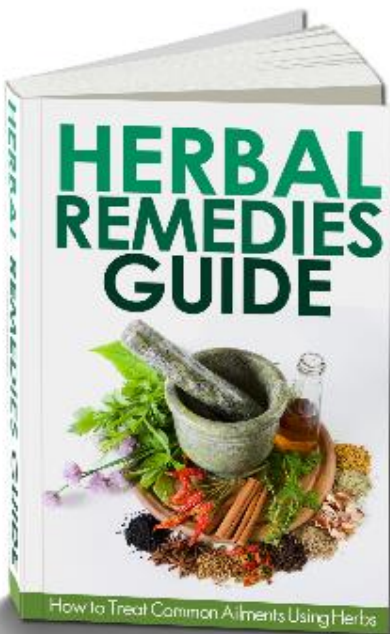
He who strives for the pot of gold at the base of the rainbow finds himself alone in the gathering dusk after the rainbow disappears, miles from home, feeling foolish, having to walk home in the dark. ~ Glenn Carson

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More E-books from Healthy and Natural World

Herbal Remedies Guide

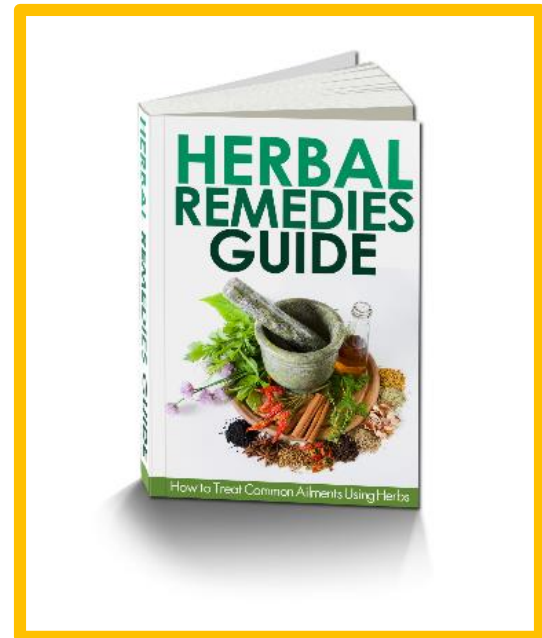


- ◆ Learn what herbal remedies are and how you can use them to heal mental and physical ailments.
- ◆ Find out how to combine herbal products with traditional pharmaceuticals to enhance your overall wellness.
- ◆ Learn how to use aromatherapy to clear up the common cold and alleviate chronic headaches.
- ◆ Discover our A-Z guide of symptoms and solutions to common problems herbs can treat.
- ◆ Discover what centuries old herb helps strengthen memory and improve your circulation.
- ◆ Find out what natural herbs combat memory loss and help prevent other age related problems.
- ◆ Find out how the ancient Chinese coped with menopause using a simple yet effective herbal remedy.



- ◆ Learn how a natural plant may help strengthen and tone your uterus, improving your fertility and easing child labor and recovery.
- ◆ Discover the #1 calming and soothing herb for gastrointestinal problems, digestive symptoms and even bloating.

AND MUCH, MUCH, MUCH MORE!!!



And The Best Part Is That You Can Be Reading This Book In Less Than 90 Seconds From Now!

Get your copy of "The Herbal Remedies Guide" from our website

www.HealthyAndNaturalWorld/TheHerbalRemediesGuide



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The Detox Guide

Detoxify, Cleanse, Revitalize

Chapter 1: Detox Diet – A Basic Understanding

Detoxification Occurs In Our Bodies Daily

Our internal organs, the colon, liver and intestines, help our bodies eliminate toxic and harmful matter from our bloodstreams and tissues. Often, our systems become overloaded with waste.



The very air we breathe, and all of its pollutants, build up in our bodies.

Today's over processed foods and environmental pollutants can easily overwhelm our delicate systems and cause toxic matter to build up in our bodies.



[Detox Diets Are Designed To Help Your Body Get Rid Of The Toxic Matter Buildup And Lose Weight](#)

If you feel sluggish, have frequent colds, digestive problems or just aren't feeling your best, you may have a toxicity issue.

A detox diet will help you clean the harmful matter from your body and lose weight.

[A Detox Diet Will Help Your Body By Increasing Stamina And Energy, Making The Digestive Process Easier](#)

It will help in increasing mental clarity and decreasing allergies.

Most detox diets don't involve weird or unhealthy foods, simply fresh and whole foods like fruits and vegetables.

Eat plenty of fresh fruit, except grapefruit. Enzymes in grapefruit interfere with the proper functioning of enzymes in the liver, so they should not be used during detox diets.



Grapefruits should not be eaten during detox programs, but they are great for anytime else.

