



## 7 Day Ultimate Detox Cleanse: Lose Weight and Revitalize Your Life: In 7 Days or Less Experience the Complete Detox Cleanse (Paperback)

By Marlo Walken

Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Everyone seems to think that joining a gym or starting a diet will make them healthy. There is one very basic problem with these methods. Once the membership at the gym ends, and the eight week diet plan is over, the chances are good that most people go back to their normal routine of eating and not exercising. With a small investment of time, these techniques will help you change your lifestyle to a healthier way of living. A few simple solutions that won't cost a fortune, that are easy, and you will barely notice that you are doing anything different. Using the book 7 Day Detox Cleanse will put you on the right path to a healthy lifestyle. TABLE OF CONTENTS What You Will Learn In This Book 3 Table of Contents 6 What Celebrities Have To Say 7 What Is The Detox Diet 8 Let's Get Started With Master Cleanse 11 Try The Liver Detox 15 THE FOOT DETOX HOW DOES IT WORK 19 COLON CLEANSE DETOX 22 HEAVY METAL DETOX 26...



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