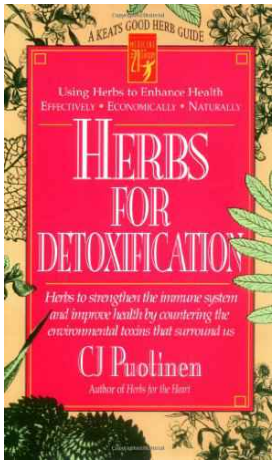


Herbs for Detoxification



Herbs for Detoxification

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0 of 0 people found the following review helpful. This book is great for anyone that is considering a detox program as ...By Mariam ShaikhI had to use this book for school but it was probably one of the most valuable resources I've come across in my nutrition program. This book is great for anyone that is considering a detox program as well as any practitioner that plans to use detox programs in their practice. The book details pretty much every herb that can be used in detoxification with its benefits and uses. It also provides sample programs and recipes for infusions, decoctions, and even detox juices and capsules. It provides sound advice on preparing for a detox program as well as simple DIY tests to make sure your body is ready to handle a detox. There's also some great diet recommendations and foods to add with a lot of resources in the appendix to guide the reader to reliable brands for many of the products recommended. Definitely a great read, I've already gone through it a few more times taking notes.0 of 0 people found the following review helpful. Five StarsBy K.P.Dunngood book!0 of 0 people found the following review helpful. great service will order again soonBy Lew Harrison.arrived before time and is in the condition they said perfect. great information and many other need aor should read

Everyday we are exposed to thousands of environmental insults, from pesticides to power lines, from formaldehyde in insulation to fake flavourings in food. All these toxins place dangerous stress on the immune system. This text reviews the nutrients and herbs that are most effective in detoxifying the body. They include vitamin C, milk thistle and wheatgrass.

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