



The Total Detox Plan

By Sarah Brewer

Carlton Books Ltd, United Kingdom, 2010. Paperback. Book Condition: New. Revised edition. 258 x 194 mm. Language: English . Brand New Book. There are hundreds of products on the market now that claim to remove cellulite, cleanse your system, revitalize you, help you sleep, relieve stress, give you lustrous hair. The list goes on, but these can often be fast fixes that do not help in the long run. Our bodies are assaulted by pollutants of every kind everyday, whether they are waste products from traffic exhaust or created by a build-up of toxins due to stress, poor diet and lack of exercise. So although we are equipped to deal with these impurities, we sometimes need to give our bodies a little extra help. The Total Detox Plan will explain why our body needs help in coping with the onslaught of chemicals everyday, and shows how the digestive system, liver, kidneys, colon and other vital organs function to do this. Dr Sarah Brewer supplies all the necessary information and tips on how to go about cleansing your system safely. New and natural products, diet and recipes, exercises and therapies and simple common sense approaches are suggested as ideal solutions to...



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Reviews

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