



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

By Marlo Walken

Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. large type edition. 279 x 216 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 Publishers Notes What You Will Learn In This Book About The Author Table of Contents What Celebrities Have To Say What Is The Detox Diet Let's Get Started With Master Cleanse Try The Liver Detox THE FOOT DETOX HOW DOES IT WORK COLON CLEANSE DETOX HEAVY METAL DETOX SUGAR...



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