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## The Detox Diet, Third Edition (Paperback)

By Elson M. Haas

Random House USA Inc, United States, 2012. Paperback. Condition: New. 3rd Revised edition. Language: English . Brand New Book. This fully updated edition of The Detox Diet guides readers through the detoxification process and follow-up cleansing programs developed by Dr. Elson Haas for those struggling with addictions to sugar, caffeine, nicotine, and alcohol. ? Do you overeat? Or are you overweight without overeating? ? Are you often tired or fatigued without knowing why? ? Do you consume caffeine and sugar to get through the day? ? Do you suffer from sinus headaches or chronic nasal congestion? ? Do you experience constipation, heartburn, or indigestion? ? Do you have high blood pressure or elevated blood cholesterol? ? Do you smoke and have you tried unsuccessfully to quit? ? Do you consume alcohol daily or in large amounts? ? Do you use nonprescription, prescription, or recreational drugs regularly? If you answered yes to any of these questions, Dr. Elson M. Haas can help you regain vitality and start you on a new path to lifelong vibrant good health with his safe, effective detoxification and cleansing program. Fully updated and expanded, the third edition of The Detox Diet offers a variety of fasting...



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