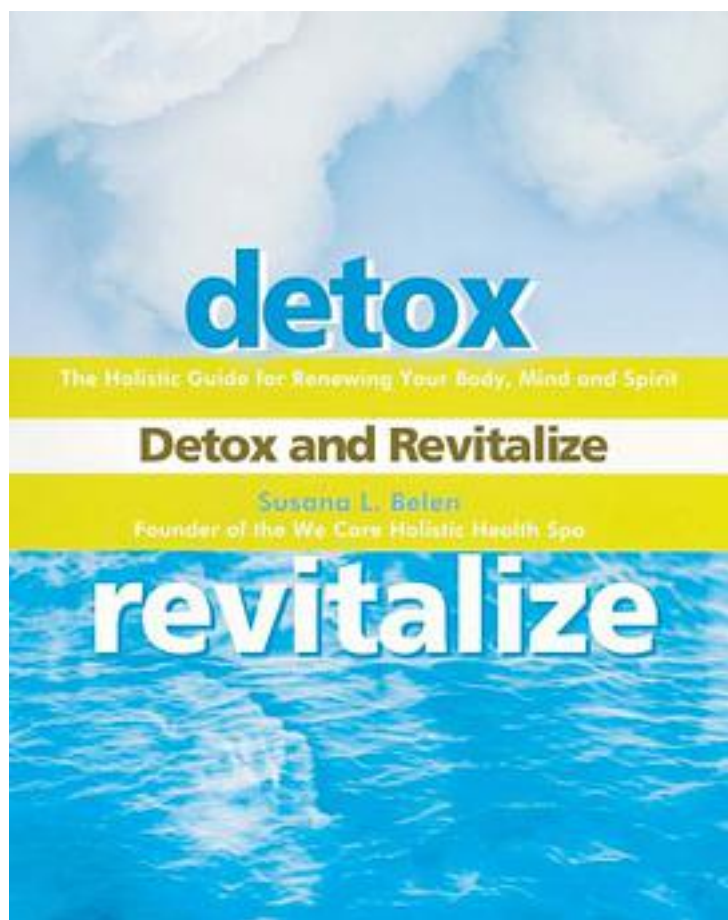


Detox and Revitalize



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A guide to fasting, cleansing, and nutrition to regain your natural vitality, detox from the pollutants that bombard us daily in our air, food, and water, and restore our mental clarity and balance. Includes recipes, meal plans, and instructions.

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