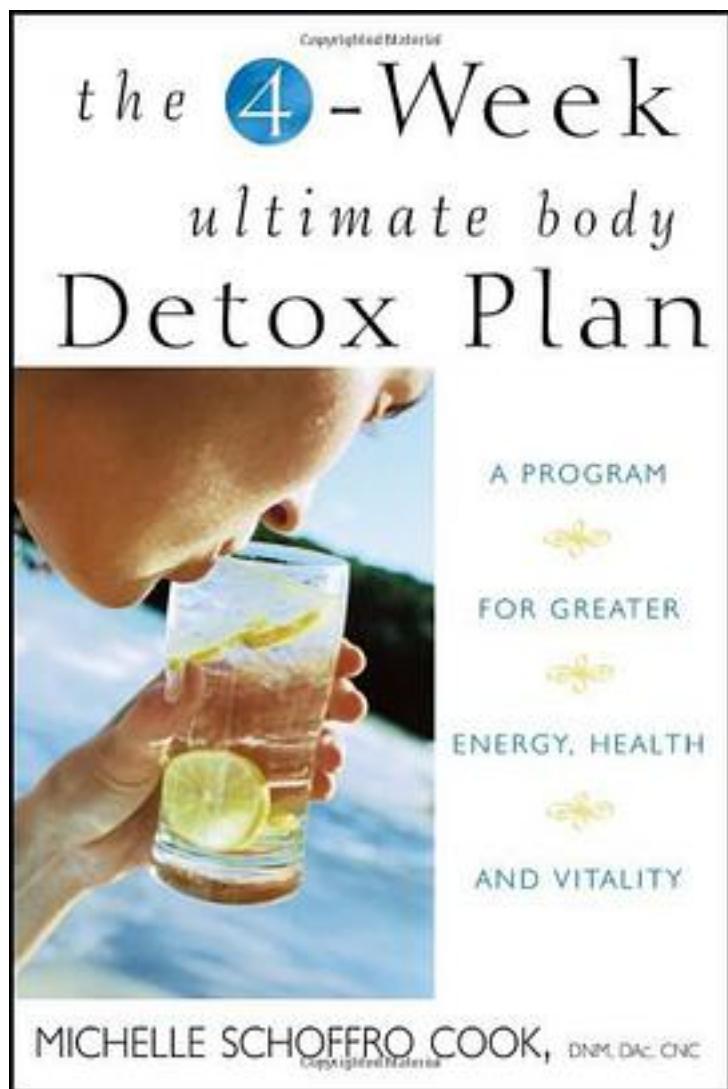


# The 4-Week Ultimate Body Detox Plan



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出版者:John Wiley & Sons Inc

出版时间:2006-5

装帧:Pap

isbn:9780471792130

Most people find it impossible to believe they can wake up feeling good, move through the day with energy, and then fall easily into a restful sleep. In this book, an experienced practitioner of holistic and alternative healing presents a simple, effective, four-week program to rid the body of the toxins that reduce vitality, sap energy, and endanger health. Using herbs, natural foods, aromatherapy, exercise, and breathing techniques, readers learn to free themselves from toxins that build up in bodily organs and keep them away, eliminating a source of fatigue, joint pain, and possible illness. Michelle Schoffro Cook, DNM, DAc, CNC (Cochrane, AL, Canada) is a Doctor of Natural Medicine and Acupuncture, holistic nutritionist, energy medicine practitioner, and Reiki master.

作者介绍:

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