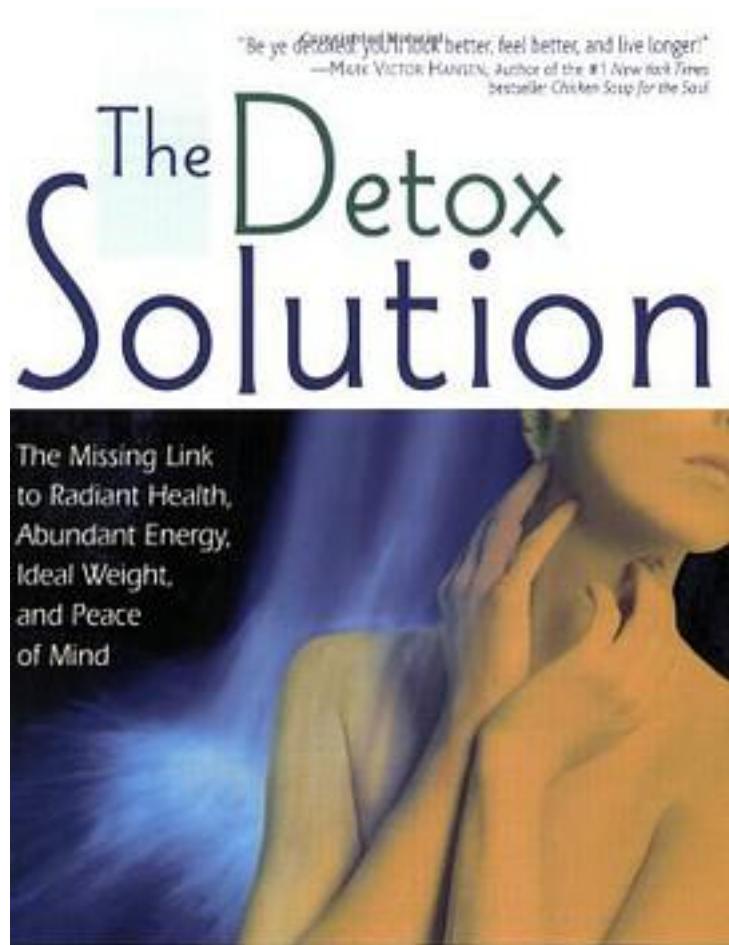


Detox Solution



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The number and amount of toxins in the environment is at an all-time high, and the American Cancer Institute links three-quarters of all cancer cases to environmental factors. This book offers consumers a way to effectively fight the ill-effects of these toxins and live a healthier life. In addition to listing the toxins that are found in such everyday sources as food, cosmetics, and cleaning products, this guide offers non-toxic alternatives. Toxic influences on the mind and spirit are also explored and suggestions for achieving emotional balance round out this whole-health plan. Knowing the risks and rewards of a less toxic lifestyle empowers consumers to make the choices that result in not only better physical health, but in improved emotional health as well.

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