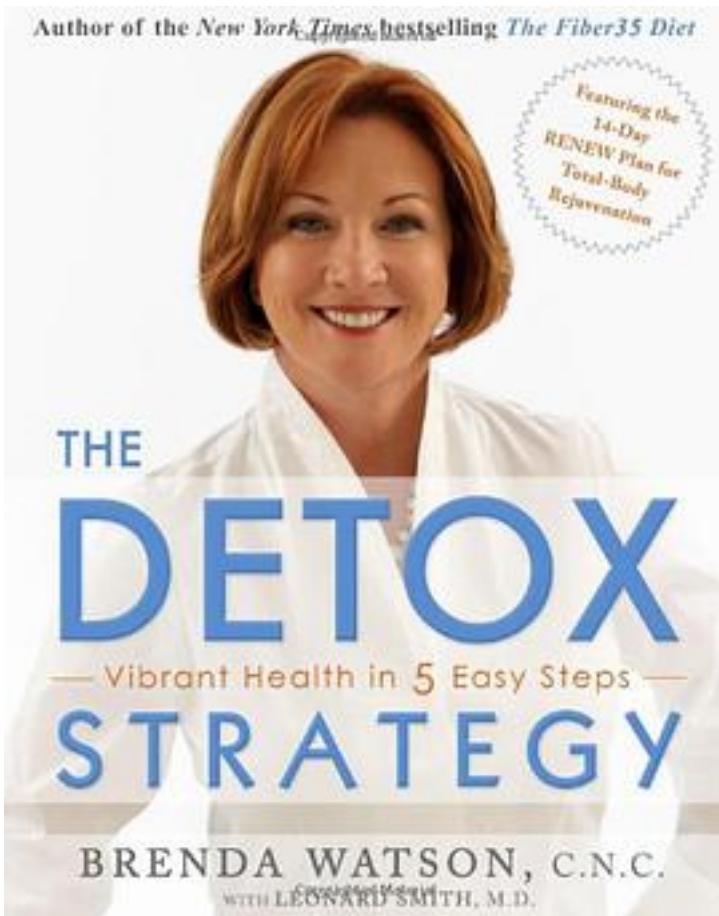


The Detox Strategy



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Regardless of where and how you live, your body is harboring dozens if not hundreds of toxins that could be sabotaging your health. Low on energy? Dealing with chronic illness? Having trouble losing weight? Toxins might be to blame. From your mattress to your toothpaste to your nonstick pans to the food you eat and the (bottled) water you

drink-every day your body is bombarded with chemicals that can alter the way your body works, affecting its natural processes and capacity to heal and maintain vibrancy. Even though we are built to handle foreign substances effectively, our liver and other organs simply cannot cope with today's glut of toxins, many of which are too foreign and toxic for our bodies to manage well. This ultimately causes us to age prematurely, to gain weight, and to become more prone to disease. In *The Detox Strategy*, Brenda Watson, C.N.C.-the bestselling author of *The Fiber35 Diet: Nature's Weight Loss Secret*, a PBS mainstay, and an expert on internal cleansing

作者介绍:

目录:

[The Detox Strategy 下载链接1](#)

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