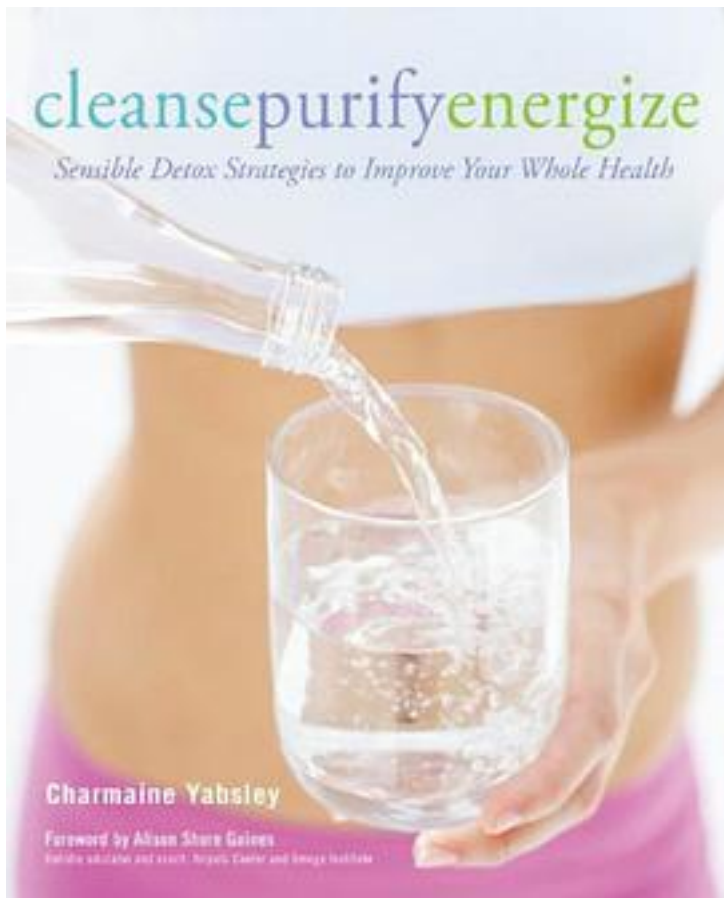


Cleanse, Purify, Energize



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Cleanse, Purify, Energize includes detailed information about how to detox one's body, mind, and spirit and provides multiple step-by-step plans to guide readers through the experience. Toxins often enter our bodies from chemicals such as pesticides, household cleaners, food additives, drugs, pollution, heavy metals such as lead, and

many other sources that we either inhale or ingest. Whether readers are looking to improve their general health or tackling a specific problem, this guide offers the tools and information to help them look and feel refreshed and revitalized. Covers detox basics, food and drinks, six complete plans, body treatments, mind and spirit therapies, and clinic and spa basics.

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