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7 Days to Wellness: A Natural Approach to Reduce Toxins and Cleanse the Body (Paperback)

By Marcia Fairweather

AUTHORHOUSE, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Your good health is your number one asset and the toxins in your body may be poisoning you! Balance and begin to restore your health in just 7 days. This book describes a program that features the use of organic foods and juices and is part of a seven-day process to get renewed and recharged by cleansing and detoxifying the body, clearing the mind, and claiming the spirit. The 7 Days to Wellness Program combines many of the well-known approaches to cleansing and detoxifying using water, teas, broths, juices, herbal supplements, and suggested daily activities and structures them in a manner that is easy for you to use. Do you suffer from feeling tired, listless or moody? nasal congestion and excess mucus in your body? stiff knee and joint pain? headaches? Then Take Some Time Out to Cleanse, Detoxify and Heal. As we often take time out for ourselves with a vacation to slow down from the busy pace of life, we also need to give our bodies a vacation and some time to recharge by cleansing and detoxifying. Why cleanse and detoxify?...



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