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BalboaPress. Paperback. Condition: New. 316 pages. Dimensions: 8.4in. x 5.5in. x 0.9in.When faced with a whole host of health conditions including M. E chronic fatigue syndrome, Faith discovered a recurring phenomenon and ndash;almost all mental and physical illnesses stem from toxic overload. This led to her embarking on a transformational holistic detox journey that focused mainly on reducing toxicity in her mind, body, home and environment. Having not only healed herself, but gone on to help others do the same, with this book she reveals how you too can live a less toxic life. Discover: Simple strategies for detoxing your mind, body, home and environment The importance of cleaning up your digestive system for increased energy and amp; vitality The healing power of nature and how to live in harmony with technology Easy-to-make low budget recipes that are delicious and cleansing Simple ways to make your own cleaning and cosmetic products and 8230; and more! With her do-it-yourself-detox system, Faith shows you how to eliminate feelings of exhaustion, depression and anxiety and return your body to brilliant health. Living a less toxic life can be simple and fun - so begin your journey today and find out for yourself how much easier and enjoyable life can be. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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