

Detox For The Rest Of Us - Carole Jacobs

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Sure, you've heard about detox diets--and you'd love to realize the weight loss and cleansing benefits you've been reading about. But you want to do it safely and healthfully. Now you can. With Detox for the Rest of Us, you'll learn how to use the various diets, plans, and recipes to lose weight and cleanse the system from head to toe--without compromising your health. You'll find out: Which detox plans eliminate what toxins from your body; How to create delicious detox meals--from almond pancakes with blueberries to vegetarian meatloaf--that taste great and aid digestion; and How to choose the right detox plan for your individual body type--and your goals. Written by noted fitness and wellness writer Carole Jacobs, Detox for the Rest of Us is all you need to detox your way to looking and feeling fabulous. Author: Jacobs, Carole Publisher: Adams Media Illustration: N Language: ENG Title: Detox for the Rest of Us Pages: 00256 (Encrypted PDF) On Sale: 2010-05-18 SKU-13/ISBN: 9781440503993 Lib Category: Detoxification (Health) Category: Health & Fitness : Diets - General

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