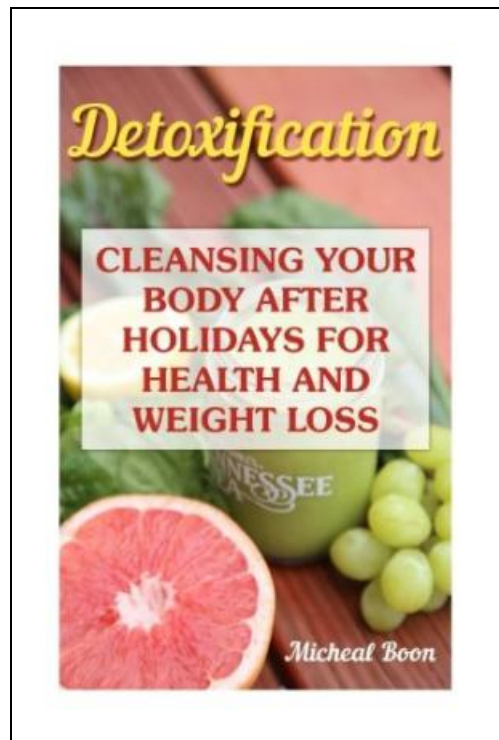


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Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after the conclusion. Detoxification: (FREE Bonus Included) Cleansing your body after holidays for health and weight loss The process of detoxification involves the purification of your body by getting rid of the toxins which manage to penetrate inside the body through various sources. It is a very helpful process which makes you able to get away with the excessive fats that might accumulate in the body due to the toxins. Moreover, following the detoxification diet plan helps in strengthening the natural system of your body like it makes nervous system strong which ensures your mental health, optimizes the metabolic rate of body, maintains the digestive tract enabling it to remove the toxins with the waste, lowers the level of cholesterol and sugar in the blood stream and defends your body against many other threats. We all know that drinking 6 to 8 glasses of water in a day is extremely important for building the health and fitness of your body. But, if different fruity and colorful flavors are added to the plain water then it makes the drinking the liquid easier. At the end of the book few quick recipes of making detox water are mentioned which are much refreshing and delightful. Some food items are also stated which can aid the process of detoxification and work magically even if you have just passed your holiday season and have consumed a lot of fat containing stuff. Don't feel guilty for the thrill you enjoyed in the holidays and get the balance of your body back in few days by...



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