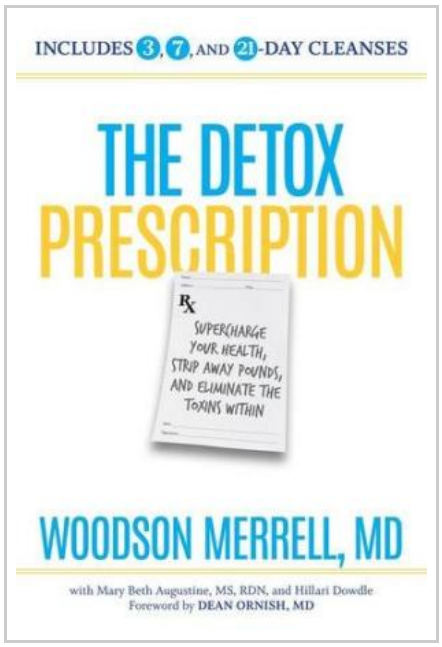


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The Detox Prescription: Supercharge Your Health, Strip Away Pounds, and Eliminate the Toxins Within

By Woodson Merrell, Mary Beth Augustine, Hillari Dowdle

Rodale Press Inc. Paperback / softback. Book Condition: new. BRAND NEW, The Detox Prescription: Supercharge Your Health, Strip Away Pounds, and Eliminate the Toxins Within, Woodson Merrell, Mary Beth Augustine, Hillari Dowdle, Science has revealed that toxic exposures can affect our genes and lead to conditions such as obesity, diabetes, arthritis, mood disorders, allergies, fertility issues, and heart disease.The good news: The body's natural cleansing system is the ticket to better health, greater energy, and efficient weight loss. With more than 75 delicious and nutrient-rich recipes broken into 3-, 7-, and 21-day cleanses, "The Detox Prescription" also resets body, mind, and spirit through light yoga, meditation, and sleep hygiene.

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