



Detox and Revitalize

Susana Belen

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Even if you try to follow a healthy diet and lifestyle, every day, toxins and waste materials accumulate in your cells, compromising your health. Fortunately, help is at hand. *Detox*

and *Revitalize* will show you how to purify your body from these harmful substances. It is a complete guide to fasting, cleansing, and nutrition that will allow you to detox from

daily air, food, and water pollutants; regain your natural vitality; and restore mental clarity and balance.

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