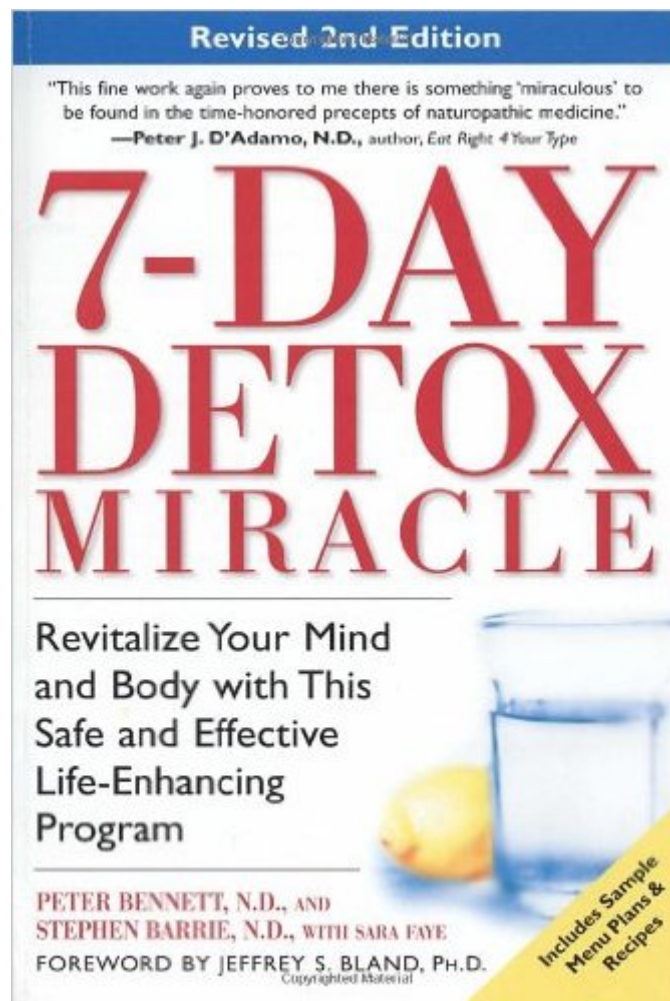


The book was found

7-Day Detox Miracle, Revised 2nd Edition: Revitalize Your Mind And Body With This Safe And Effective Life-Enhancing Program



Synopsis

Rejuvenate and Refresh Your Body Starting Today! There is an effective way to free yourself of chronic aches and pains, feel healthier, and be more energetic. It's called detoxification, a process that stimulates your body's natural ability to cleanse itself. Inside, you'll discover a simple seven-day detoxification program that will help you improve resistance to disease, normalize weight, and increase physical and mental stamina. Completely updated and revised, this edition features easy-to-prepare recipes, sample menu plans, and everything else you need to begin your new life of healthier living today! A Sample 7-day Home Detox Program • Healthful diet of liquids, fresh fruits and vegetables, and rice • Specific vitamins, minerals, amino acids, and herbs • Home hydrotherapy and a one-week toxin-free lifestyle • Healthier living

"Similar to an oil change for your car, the 7-Day Detox Miracle can clean and improve the filtering of your internal fluids in a way that produces immediate benefits in fighting disease."

—Michael T. Murray, N.D., co-author, Encyclopedia of Natural Medicine

"This fine work again proves to me there is something 'miraculous' to be found in the time-honored precepts of naturopathic medicine."

—Peter J. D'Adamo, N.D., author, Eat Right 4 Your Type

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Customer Reviews

This guide for a purifying fast and follow up detox diet may seem rather complicated if you do EVERYTHING, but there are some passages that let you know the key supplements to take and although this may seem hard to accept now, following this plan for about a week or so is not

impossible. One also needs to be patient with oneself about how perfectly the diet's many recommendations are followed. I lost four pounds in one week the first time I tried the diet, and found that soon after, when I went back to "regular food" my craving for certain foods was all but gone, and for others, greatly reduced. I still maintain some of the supplements but have reduced my intake to once a day to save money (I was faithful about the twice a day requirement on many of them during the initial week). I have had a series of back and knee injuries and had taken muscle relaxers and anti-inflammatories with some regularity for years. I now think these substances had built up in my body, because within about two to three weeks of my weeklong detox (followed up by a less rigid diet that was nonetheless much improved over my usual diet), I felt a real difference, as if something had just gone out of me, not sure how else to express it. It's even helped my mood and energy. I sympathize with those reviewers who felt that there was just no way for them to work this out because other family members could not support it. It IS an added burden to cook different meals, do special shopping, and yes the food can be boring if one lacks time to make the jazzier versions of the organic veggie meals. Fortunately, I have a flexible spouse and have taken a number of things out of my diet over the years--caffeine, alcohol, esp.

When I finally admitted to myself recently (at age 44) that I had allowed my body to get 'out of hand'; the first step taken was to get a hold of an authoritative source on Detoxification. Whereas most folks would look for the Quick Weight Loss type of diet, what I was after was a more permanent change in everlasting health. I was looking for an end to chronic headaches, sore joints, and looking forward to seeing my toes again and being able to simply bend over and touch them. These were not severe problems...most people would not say I was unhealthy, over even very much overweight. But I was doing it for myself - and my future. Peter Bennett and Stephen Barrie's book on Detoxification came to me at the right place and at the right time. In this book you get not one, but three no-nonsense and practical approaches to creating a healthy lifestyle. The scientific explanations are there, but if you don't need or care for reading through the medical jargon - you can skip straight ahead to the layman's explanations. This is the 'Pep Talk' and motivation that will prevent you from chickening out either due to your own weakness or the pressure of others. Finally, there are tried and true recipes and shopping lists, and even a sample Journal of one woman as she was experiencing the effects of the Detox Programme. I would like to add my own reflections here so you can sense what it's like. The advice from the book is represented in my daily routine. It is flexible enough to be adapted under different conditions. Here is my Journal Entry: Me? I'm still on the Juice Fast. Have extended beyond Day 7 because haven't lost enough fat. This is the morning

of Day 9. Today I did my special version of a Non-sauna sweatbath. This is done every morning upon arising. 1.

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