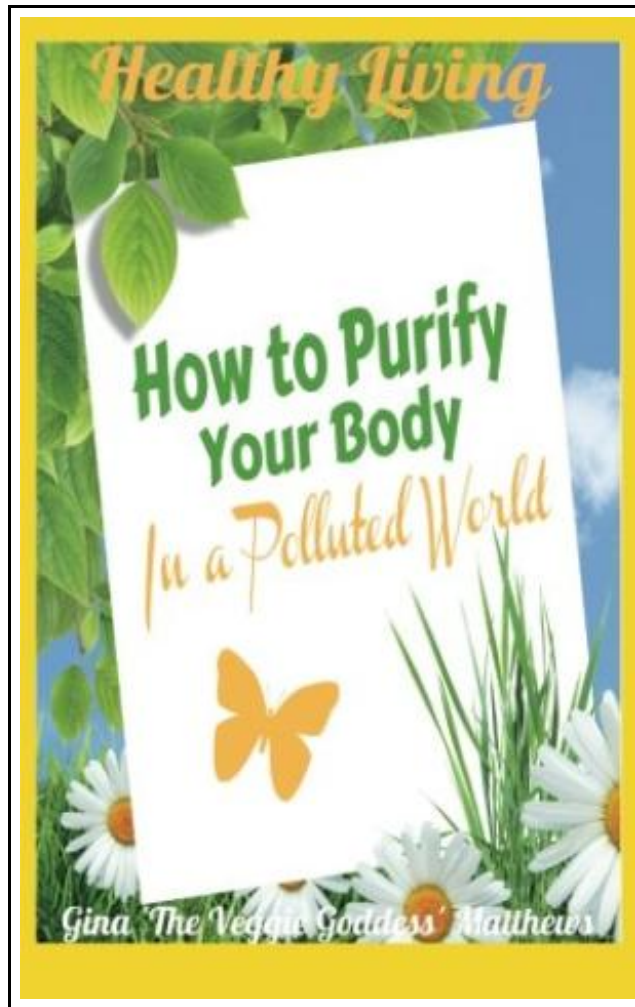


## Healthy Living: How to Purify Your Body in a Polluted World: Healthy Living Book (Paperback)



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Createspace, United States, 2013. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Healthy living is a way of life, that embraces a multitude of lifestyle choices. While healthy living often starts with a decision to undergo a detox cleanse regimen, and clean eating nutrition plan, it also encompasses clean living, green cleaning and green household practices. This healthy living book is divided into two sections. Section one explains how we become toxic, as well as what to expect when undergoing detox cleanse protocols. Section one continues on to outline a multitude of detoxification and cleansing methods, allowing the reader to mix and match any of the described approaches. This allows the reader to create a detox cleanse program that suits their individual needs, increasing the likelihood of a successful dextoxification process and experience. Section two of the book, covers expanding your detoxification efforts to include healthy body care practices, as well as green cleaning and green household practices. Ready to start your get clean-live clean lifestyle? Here s what you ll find inside Healthy Living: How to Purify Your Body in a Polluted World Section I - Coming Clean - Let s Detoxify Chapter 1: How We Become Toxic Chapter 2: Understanding the Healing Crisis Chapter 3: Heat Therapies for Detoxification Chapter 4: Additional Detoxification Methods Chapter 5: Cleansing Through Nutrition and Supplements Chapter 6: Liver Cleansing - Your Life Depends on Your Liver Chapter 7: Fasting - A Juice vs. Water Fast Section II - Staying Clean - Detoxifying Lifestyle Practices Chapter 8: Juice Recipes That Release Toxins, Stubborn Fat and Cellulite Chapter 9: Toxin Trapping Food Chapter 10: Whole Body Detoxification and Cleansing through Skin Brushing Chapter 11: Flush Toxins with These Detoxifying Bath Recipes Chapter 12: How...



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