



Detoxification - All you need to know to recharge, renew and rejuvenate your body, mind and spirit!

Linda R. Page

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More than twenty-five thousand new toxins enter our environment each year. Detoxification and body cleansing is a necessary commitment in today's world - a way of life - for good health.

In this complete encyclopedia/guide of detailed instructions for detoxification and cleansing, Dr. Page discusses why body cleansing is necessary in today's world. She shows you: what you can expect when you detox; what a good cleanse really does; how to direct a cleanse for best results.

Also: *Detailed detox charts for special needs *Step by step instructions that guide the reader through every detox program * Extensive "Green Cuisine" recipe section *Materia Medica Detox Herbal Supplement Directory with over 90 herbs *Glossary of detox terms *List of detox-spa centers in America *Recommended product listing *Much more!

"The commitment to having a clean body is a commitment to enjoying a better quality of life as you rejuvenate your body, mind and spirit through detoxification and body cleansing. Cleansing improves every part of your being: physical; psychological; sexual. You'll look and feel better!" - Linda Page, N.D., Ph.D.

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