



## Detox in a Weekend: An Easy-to-Follow Diet and Health Plan

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By Maggie Pannell

Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Detox in a Weekend: An Easy-to-Follow Diet and Health Plan, Maggie Pannell, Lose weight and improve your well-being with a unique cleansing routine. This title offers 50 tempting, healthy recipes shown step by step in more than 250 photographs, with nutritional information throughout. It explains what toxins are, where they are found, and how they can be avoided, as well as providing a checklist of the symptoms to enable simple self-diagnosis. It contains recipes ranging from vitamin-packed juices and smoothies to soups, salads, and tasty light meals, each with vital nutrients and cleansing properties. It includes an easy-to-follow diet and health plan. The stresses and strains of daily life take their toll on our bodies, resulting in a toxic overload that can damage our health. Packed with expert advice and guidance, this book contains everything you need to know in order to detox safely and effectively over a short period of time. The detox plan is broken down into easy-to-follow sections with suggestions for meals, exercises and relaxation techniques. All of the dishes are wheat- and meat-free, and the selection of 50 delicious step-by-step recipes provides plenty of ideas for every meal, with...



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