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DETOX

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Before Bed â€“ Drink daily and prepare fresh daily. Chamomile Tea. Download your FREE copy of our 3 Day Cleanse & Detox Shopping List here! Detox adapted from the book Hungry for Change â€“ Ditch the Diet, Conquer the Cravings, and Eat Your Way to Lifelong Health.. As with any change in diet, we recommend that you consult your doctor before beginning the cleanse and detox.

Three Day Cleanse & Detox - Skinny Ms.

Detoxification (often shortened to detox and sometimes called body cleansing) is a type of alternative medicine treatment which aims to rid the body of unspecified "toxins" â€“ substances that proponents claim have accumulated in the body and have undesirable short-term or long-term effects on individual health. Activities commonly associated with detoxification include dieting, fasting ...

Detoxification (alternative medicine) - Wikipedia

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My Exclusive 7-Day Detox Cleanse (for detox and weight

Master Cleanse is a modified juice fast that permits no food, substituting tea and lemonade made with maple syrup and cayenne pepper. Proponents claim that the diet tones, reduces and cleanses the body, allowing the body to heal itself. There is no specific study that proves the diet removes any toxins, or that it achieves anything beyond temporary weight loss, however a pubmed.gov article has ...

Master Cleanse - Wikipedia

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