



# **Detoxing Your Body - A Simple Guide: 88 Tips on How to Detox Naturally, Eliminate Toxins and Boost Vitality**

*Dominic Summers*

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## 88 Ways to Help You Accelerate Weight Loss, Prevent Disease, Increase Energy and Detox Naturally

If you suffer with repeated colds and flu, bloating, digestive problems, fatigue or skin breakouts, then your body may have the all tell-tale signs of harmful toxic build-up.

But by making some simple changes in your diet, fitness and lifestyle habits, you can safely eliminate toxins, accelerate weight loss, minimize sickness, increase your energy and achieve optimum health.

*"Detoxing Your Body - A Simple Guide"* is a quick reference handbook containing a compilation of simple solutions, tips and ideas for beginners on how to transition into a healthier lifestyle through natural detoxification.

Filled with implementable advice in an easy to read format, you'll find lots of straightforward information broken down into digestible nuggets, designed to help cleanse and heal you both physically and mentally.

### **In this book you'll discover:**

- **Cleansing your body for newbies:** The why's, what's, how's and other FAQs of toxins and natural detoxification
- **The Detox Grocery List:** The best foods for healing and rejuvenating your body, plus how to spot and avoid the worst toxic food offenders
- **The Natural Immune Boosters:** More than 40 tips on how to use some of the best powerhouse foods and herbs to strengthen immune system health, as well as how to combat seasonal allergies – without drugs
- **Detoxifying for Energy:** The best natural energy foods for eliminating toxins, boosting metabolism, and ending junk food cravings
- **The 'No Diet' Diet:** How to successfully detox your way to weight loss success (without counting calories, starving yourself or popping diet pills)
- **Mind Detox:** The surprisingly easy home remedies to help you cleanse toxic mental baggage, de-stress and think more clearly
- **The Triple Detox Booster:** A simple guide to some of the most effective herbs, minerals and vitamins for detoxifying, cleansing and keeping you in top notch health

### **PLUS: A special thank you gift to all readers.**

So if you want to your end bad eating habits, drop weight faster, stop feeling tired, and eliminate the toxicity affecting your health, get **"Detoxing Your Body - A Simple Guide"** now...

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