

## Cleanse Your Body, Clear Your Mind : Eliminate Environmental Toxins to Lose Weight, Increase Energy, and Reverse Illness in 30 Days or Less

Morrison, Jeffrey A., author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920542298&lokasi=lokal>

---

### Abstrak

A clinically proven program that allows you to detoxify from chemical exposure while shedding excess fat.

Everyone knows the world is toxic. But few of us realize that the average person carries a load of seven hundred chemicals in the body. The gradual buildup of these toxins has a ripple effect on our health, starting with mild ailments and culminating in chronic illness.

Working with hundreds of patients, integrative medicine expert Dr. Jeffrey A. Morrison has found an easy and effective solution. Outlining both a thirty-day intensive and a ten-day seasonal tune-up, he offers a simple and nutritious eating plan that efficiently detoxifies the body, allowing it to heal itself. Readers will not only cleanse their body of toxins, but also shed pounds of toxic weight as they uncover and remove the underlying causes of illness.

Unlike other detox plans, Cleanse Your Body, Clear Your Mind, features cooked food and regular meals, making it easy for readers to start and stay on the path to good health.