



## The Metabolic Detox: The Detox Diet Plan for Cleansing Your Body, Improving Your Health, and Achieving Your Health Goals (Paperback)

By Marion Viola

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Are you interested in improving your health quickly? Have you considered detoxifying your body of all the bad chemicals? Detoxification is the natural process occurring in our body which helps in removing the toxic substances from our body and thus maintaining an optimal health. Detoxification involves elimination of various poisonous or non-useful substances from the body. A person's health mainly depends on the ability of the body to eliminate waste effectively. Though the healthy cells in our body try to detoxify themselves every day, it will be difficult to remove all the toxins when there is too much of the toxins present in the body. Our environment contains various pollutants and these pollutants reach our body through the air, water and food. Exposure of the human body to these pollutants for a long time can cause health problems. When there is an excess amount of pollutants or toxins in our body, it gets accumulated in various tissues. A detox diet plan helps to cleanse the body system and provides the necessary support for cleansing the organs...



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