



Detox and Revitalize: The Holistic Guide for Renewing Your Body, Mind, and Spirit

By Susana L. Belen

Vital Health Publishing. Paperback. Condition: New. 144 pages. We Care Holistic Health Spas Detoxification and Revitalization Program is outlined in this invaluable book, showing you how to thoroughly cleanse your body, mind and spirit of the toxins that inundate them from fast food, chemical food additives, environmental pollutants, and emotional stressors. This book provides a clear, simple plan for detoxifying and outlines a lifelong maintenance program for maximum nutrition and health. Written by the founder of the healing spa to the stars in Desert Hot Springs, California, Susana Belen reveals the natural beauty secrets, special recipes, and methods of natural healing that have made this spa facility a world famous retreat. Over 100 Simple, Creative Vegetarian Recipes, Including Raw and Gluten-Free! Do You Suffer From These Symptoms of Colon Toxicity Weight Problems Acid Reflux Headaches Food Allergy Lethargy Chronic Fatigue Frequent Colds Body Odor IBS, Constipation, Diarrhea Depression Skin Problems This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne, TN. Paperback.



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