



## Detox Your Body Naturally(russian): Russian Edition (Paperback)

By Dr Julia James

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: Russian . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The modern medical science has proved that by providing our body with specific foods and nutrition, we are basically strengthening our body to throw out all the pathogens which are already thriving in the body. This is the most natural way of detoxifying our body. These foods have the greatest potential to provide support to the systems of the body and helping the body to be self sufficient enough to fight its own battle quite successfully. This book provides the details of all such foods and nutrition in great detail. Fresh fruits, vegetables and other drinks combined with healthy life style are the essential nutrients which are important in the whole process of detoxification. The process of detoxification is the most important part of our survival in our modern day to day life. This book provides you the basic necessities of detoxification and its importance in getting rid of all kind of diseases.



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