



# Detox Diets For Dummies

*Gerald Don Wootan, Matthew Brittain Phillips*

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*Detox Diets For Dummies* is your guide to making informed choices about cleansing your body and mind safely and conveniently

Researchers have found that we ingest dangerous chemicals every day in our food, water, and the air we breathe. *Detox Diets For Dummies* helps you understand the effects of these chemicals on your body and find safe, gentle methods to expel them from your system.

This comprehensive guide provides clear, reliable information on the leading detox plans so you can accurately assess your own needs and select the best plan for your desired detox goal. A screening quiz helps you identify the program and plan that best suits your lifestyle and personal detox objectives. *Detox Diets For Dummies* provides plenty of healthy recipes and exercises help clear your body of toxins without harmful or unpleasant side effects.

- Helps you flush away harmful chemicals safely and easily
- Reveals why some popular detox programs may cause more harm than good
- Supplies a screening quiz to help you identify your personal detox needs and choose the right program
- Recommends programs for quitting smoking or drinking, fighting allergies, and losing weight, calming stress and anxiety, increasing your energy, and revitalizing your spirit.
- Includes more than 35 recipes for safe cleansing of toxins and other harmful agents

Whether you are motivated by weight loss, disease prevention, metal purification, or physical revival-Read *Detox Diets For Dummies* for a variety of detox programs that are all natural and fit every lifestyle.

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