



48-hour Detox

By Gill Paul

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, 48-hour Detox, Gill Paul, Packed full of quick-fix detox plans for instant weight loss this pocket guide gives all the advice you need to feel refreshed and rejuvenated in just two days. Whether detoxing for the first time, or adopting it as an approach to life, this is the perfect portable guide to finding a detox plan that works for you and ridding your body and lifestyle of toxins. In just 48 hours, it's possible to kick-start a sluggish system, lose weight and improve the look of your skin. With a variety of 48-hour detox plans to choose from it's easy to pick a regime that fits into your life. Each plan includes delicious recipes and menus to help you lose pounds. Shopping lists and storecupboard must-have items are also included, making this the ideal book to slip into your handbag for quick and speedy reference. Up-to-date information on detox aids and therapies as well as useful addresses and a section on taking your detox beyond the 48-hours makes this book a great one-stop guide to safe and easy detoxing.



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