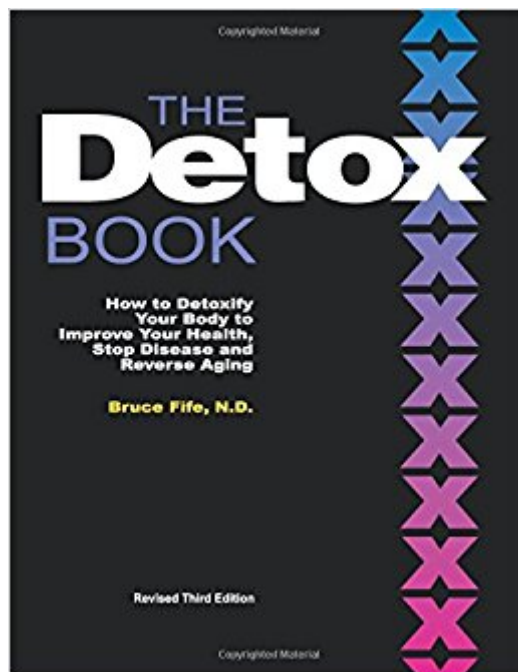




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# The Detox Book: How To Detoxify Your Body To Improve Your Health, Stop Disease And Reverse Aging



## Synopsis

We live in a toxic world. Environmental pollution and disease-causing germs assault us continually day after day. Our food is nutrient deficient and our water supply dangerously contaminated. People today are exposed to chemicals in far greater concentrations than were previous generations. Thousands of tons of man-made chemicals and industrial pollutants are poured into our environment and our food supply daily. With such a massive attack on our health we should all be sick from toxic overload. And we are! In no other time in the history of the world has degenerative disease been as prominent as it is today. Diseases that were rare or unheard of a century ago are now raging upon us like a plague. Millions are dying from diseases that were virtually unknown in the past. Experts tell us that by the time we reach middle age, each one of us will have already been affected by either cancer, cardiovascular disease, or some other serious degenerative condition. Conventional medicine has no sure cure. Drugs, surgery, and radiation treatments can be as dangerous and debilitating as the diseases they attempt to cure. Nature, however, has provided us with the solution. Our bodies are amazingly resilient. If the disease-causing toxins are removed, the body will heal itself. This book outlines the steps you need to take to thoroughly detoxify and cleanse your body from these disease-causing agents. You will also learn how to reduce your toxic exposure and how to strengthen your immune system. Through detoxification you will free yourself from the chains of pain, reverse degenerative conditions, gain more energy, feel and look younger, improve your memory, and be happier. Virtually all the diseases of modern society, including many infectious illnesses, can be avoided or even cured by sensible systematic detoxification. Although we live in a toxic world we can take control of our health. This book will show you how.

## Book Information

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## Customer Reviews

Substances that are toxic to our bodies come at us from all directions: the air we breathe, the food we eat, the water we drink, the cleaning products we use, and the metabolic waste produced inside us. Toxins build up in the body faster than they can be removed, contributing to premature aging and chronic and degenerative diseases. Fife, a nutritionist, naturopath, and codirector of an alternative health center, provides a comprehensive handbook of detoxification therapies, including healthy nutrition, fasting, juicing, oxygen and heat therapies, exercise, and kidney and liver cleansing. Chapters give extensive background information on each subject, reports of research (but little documentation), and precise, detailed instructions for self-administration of the therapies, though the reader may also want to consult a practitioner for additional guidance. Line drawings and charts enhance the text, and short lists of additional resources are given at the end of chapters. An encyclopedic look at how we can care for and cleanse our amazingly resilient bodies. --Booklist

This book was amazing. Although I occasionally thought it could have used a touch more editing (there were definitely some places that could have used smoother transition sentences and other such minor improvements), the information was unparalleled. Concepts and details were presented in a thorough, orderly fashion, and everything was clearly extensively researched. Detoxification was covered from both comprehensive and specific standpoints, and readers are provided with everything they need to know to safely and effectively approach self-initiated and self-managed detoxification programs of varying length, intensity, and purpose. Readers will find everything they need to detox a specific organ (liver, colon, etc.), address particular toxicities (such as lead or plastics exposure), and treat specialized concerns (such as parasite infestation). The author offers many low-cost options (such as teas) for supporting cleansing, and there is no marketing of particular brands or proprietary combinations of foods/supplements, which was highly refreshing. I unequivocally recommend this book for everyone!

I purchased this book because I have had problems with chronic fatigue syndrome for most of my life and I am always looking for new information about how to help myself feel better. This book is literally jam-packed with excellent information about all kinds of things you can do to help detoxify your body and feel better. I have read about half of the book so far, and I am very impressed with it.

There are so many SIMPLE ways to heal our bodies, that our doctors don't tell us about (because they don't even know about it themselves). That's why books like these are a LIFESAVER! Just doing one or two of the things mentioned in this book will do wonders for your health! I just recently started implementing one of the suggested protocols (rebounding using a "soft-bounce" rebounder/trampoline), and I can already tell the difference after only a week of using it! I already have more energy and feel better throughout the day. (I also eat a VERY healthy, whole-foods diet, take good quality supplements, drink plenty of alkaline/oxygenated water, and practice deep breathing and stretching. It has been a long journey for me to get well, but I am finally getting there, thanks (in part) to books like this that point you in the right direction. I would highly recommend this book to anyone who is suffering from a chronic condition and hasn't gotten any answers from their regular PCP about how to get WELL. Good luck!

Your one stop resource for Detoxing, this book contains not just Detox protocols, lots of great information on diet, healthy living, alternative medicine, Nutrition and much much more, while giving you FAR MORE than you bargained for in the realm of Detoxing, it teaches you how to adapt to a polluted world, hundreds of pages of high quality information, easy to read and apply, no mumbo-jumbo. Make no mistake, if you are not detoxing at least once or twice a year, your lifespan could quite likely be short and painful in today's world where the water, air and food are polluted BEYOND our bodies ability to clean them out just via liver and kidneys etc, you NEED specific Detox protocols to get out the industrial chemicals in your body that will slowly poison you to an early grave, so read this book and APPLY the wisdom therein.

I went to the ER on Aug 9, 2011 for chest and back pains. ER doc said that I was not having heart attack. Doc suspected a gall bladder problem instead. I was given an ultrasound of my gall bladder, & the pics of the ultrasound showed either a gall stone or "sludge" (a real medical term). The ONLY solution, according to ER doc, was to have my gall bladder removed. I was then given names of surgeons who were in my medical plan. ER doc said there was no other remedy (even though the ultrasound pics were not definitive). Having detoxed my gall bladder decades earlier on different recipe which I could not find now, I used the recipe from The Detox Book which I recently purchased-- it was very easy to do for me, no bowel distress at all, unlike my former recipe. Noticed much of this "sludge" come out in the toilet bowl. I then went to see my personal doc. I gave her copy of the ER report and told her of my detox. She ordered a more complete and exact pics of my gall bladder. Results: gall bladder is totally normal; No need for any follow up. She had no comment

about the detox.NO JOKE. Buy this book!!! Read it. Use it as a reference in case you have a similar experience as me. Or try one of the detoxes on yourself, before you get into trouble like I did.Oct. 16, 2014: I used this gall bladder/liver detox fir my wife who has Alzheimer's. She had been experiencing stomach pains. Went to ER which dx'd the gall bladder as being biliary- i.e. difficulty for bile to pass thru the ducts. MD said it was not "bad" condition but to come back to ER if pain reappears.Which meant SURGERY. Because of the Alz Disease i was reluctant to try the detox at first because it may confuse her. Of course surgery ws out of the question. She had pain 3 days ago. she was in bed, for most of day so then i decided to do this detox. I explained about the detox protocol which will end all future pain will vanish (since it did for me and her condition was less severe). She was a trooper thru out the 2 days, followed all directions, with me repeating that the pain will be vanished when she complained. i also told her I did this myself which helped a bunch.The worst part were the loose bowels, which were confusing for her.i told her that I also did this and had same reactions which will pass for her as well.This reassured her alot.So... try it you'll like it. I had looked at alternative methods of gall bladder flushes for her. Take it from me this one is the simplest and safest, and just a few dollars in cost compared to other stuff on the internet.

I have several of his books and this is one of my favorites. I am getting ready to use it as the basis for a detox program. There is a summary of the detox process towards the end of the book and the index is helpful in locating specific information.

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Recipes) The Liver Cleanse and Detox Diet: Ultimate Liver Cleansing Guide to stay Healthy and Lose Weight! (fatty liver, healthy diet detox, liver disease, cleanse ... fat loss, detox diets, healthy cooking,) The Chelation Controversy: How to Safely Detoxify Your Body and Improve Your Health and Well-Being Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) Anti Aging Essentials, Secrets and Tips: Your Midlife Encyclopedia, Improve Diet, Exercise, Skin (Look and Feel Younger, (Anti Aging Secrets, Anti Aging Diet) 14-day Zero Sugar detox diet: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight.: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight. Sugar Detox: Beat Sugar Cravings Naturally in 30 Days! Lose Up to 15 Pounds in 14 Days, Increase Energy, Boost Metabolism! (Sugar Free Diet, Sugar Detox ... 30 Day Detox, Weight Loss and More Energy) Detox Diet & Detox Recipes in 10 Day Detox: Detoxification of the Liver, Colon and Sugar With Smoothies Natural Healing: The Total Health and Nutritional Program Reprogram Your Body to Fight Disease, Combat Aging, Gain Renewed Health and Vitality Aging Backwards: Reverse the Aging Process and Look 10 Years Younger in 30 Minutes a Day Ending Aging: The Rejuvenation Breakthroughs That Could Reverse Human Aging in Our Lifetime The South Beach Heart Health Revolution: Cardiac Prevention That Can Reverse Heart Disease and Stop Heart Attacks and Strokes (The South Beach Diet) 7 Steps to Health: Scientifically proven methods to help you stop, reverse, and even cure disease without the use of drugs, pills or surgery. RUNNING FOR SENIORS:: Keep Fit, Improve Heart Health and Slow Down The Effects of Aging Efficiently (Body Fitness Book 1)

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