



Detoxify Your Lifestyle

By Nick Caras, Dr Nick Caras

Booksurge Publishing, United States, 2008. Paperback. Book Condition: New. 201 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****.What could be simpler than learning ten lifestyle habits in ten chapters? Nothing, and in Detoxify Your Lifestyle, author and wellness guru Dr. Nick Caras clears and un-complicates the simplest path to health and wellness. With all the complex and overwhelming information thrust at the American public, it is often difficult to decide which is the less of many evils, but now readers can enhance their lives-and their golden years. Naturally charged, this diet and lifestyle guide has an eye for organics, fish oil supplements and all things green. With a highly readable text, the author engages his audience with quizzes, guideline excerpts, tips and charts that are scattered through this meticulously organized guide with chapter titles like, Your Gut and Bacteria and Cleaning Out Your Kitchen. A veritable template for health conscious individuals who wish to be kinder to their systems, this book is a must-read for those who want to take their lifestyle to the highest level of health.

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