



## Pocket Detox: Detox Your Body, Mind and Life

By Catherine Proctor

Jane Curry Publishing. Paperback. Book Condition: new. BRAND NEW, Pocket Detox: Detox Your Body, Mind and Life, Catherine Proctor, In the modern world we pollute the air. We don't drink enough water. We eat the wrong kinds of food. We don't get enough sleep or exercise. We smoke, drink too much alcohol and consume too much caffeine. Don't worry! With Pocket Detox you can reverse the damage and increase your health and energy levels and lose weight at the same time. Inspiring and simple to follow with mini detox planners, lifestyle tips and a detox counter for over 500 common foods, Pocket Detox is the essential take-anywhere guide to a happier, healthier, more energised you. Australia.



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