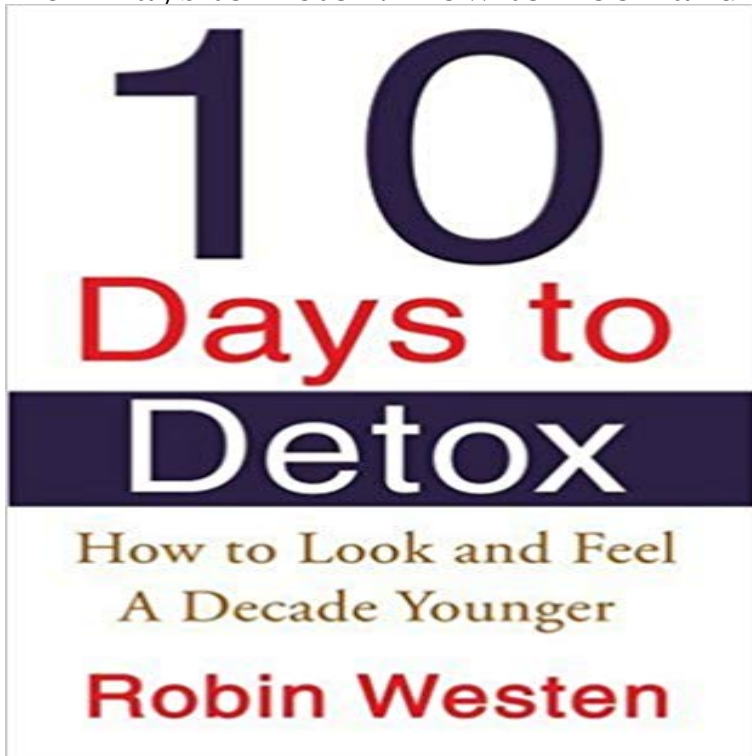


Ten Days to Detox: How to Look and Feel A Decade Younger



Improve your health, improve your appearance with a dramatic breakthrough program to rid your body of harmful toxins. Additives in food...pollutants in air and water...harmful chemicals in products used at work and at home...stressful relationships and careers--they can all pose a threat to your health. But in just ten days you can purify your body to feel and look ten years younger. A special diet loaded with powerful healing foods and herbs flushes toxins from your system. And a wide range of other therapies from saunas to massage can help you combat exposure to harmful substances. Combining ancient practices with the latest in scientific research, this exciting program of renewal and rejuvenation includes: Self-tests for hidden toxins...Find out what may be making you sick at work, home, and in your neighborhood A stress-level analysis...Discover your individual stressors and evaluate your risks for serious illness Checklists for harmful substances...Identify harmful chemicals and pollutants in products you use frequently A step-by-step cleansing program...Experience visible results and increased energy in just ten days Restore Health and Stop Premature Aging Eliminate Hidden Toxins from Your Life Identify Harmful Chemicals in Commonly Used Products Discover Detoxifying Foods and Herbs And much more

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