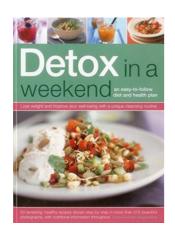
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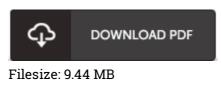
# DETOX IN A WEEKEND: AN EASY-TO-FOLLOW DIET AND HEALTH PLAN



Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Detox in a Weekend: An Easy-to-Follow Diet and Health Plan, Maggie Pannell, Lose weight and improve your well-being with a unique cleansing routine. This title offers 50 tempting, healthy recipes shown step by step in more than 250 photographs, with nutritional information throughout. It explains what toxins are, where they are found, and how they can be avoided, as well as providing a checklist of the symptoms to enable simple selfdiagnosis. It...

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- Authored by Maggie Pannell
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### Reviews

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It is not difficult in read through easier to comprehend. It is packed with knowledge and wisdom You may like just how the article writer write this pdf.

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