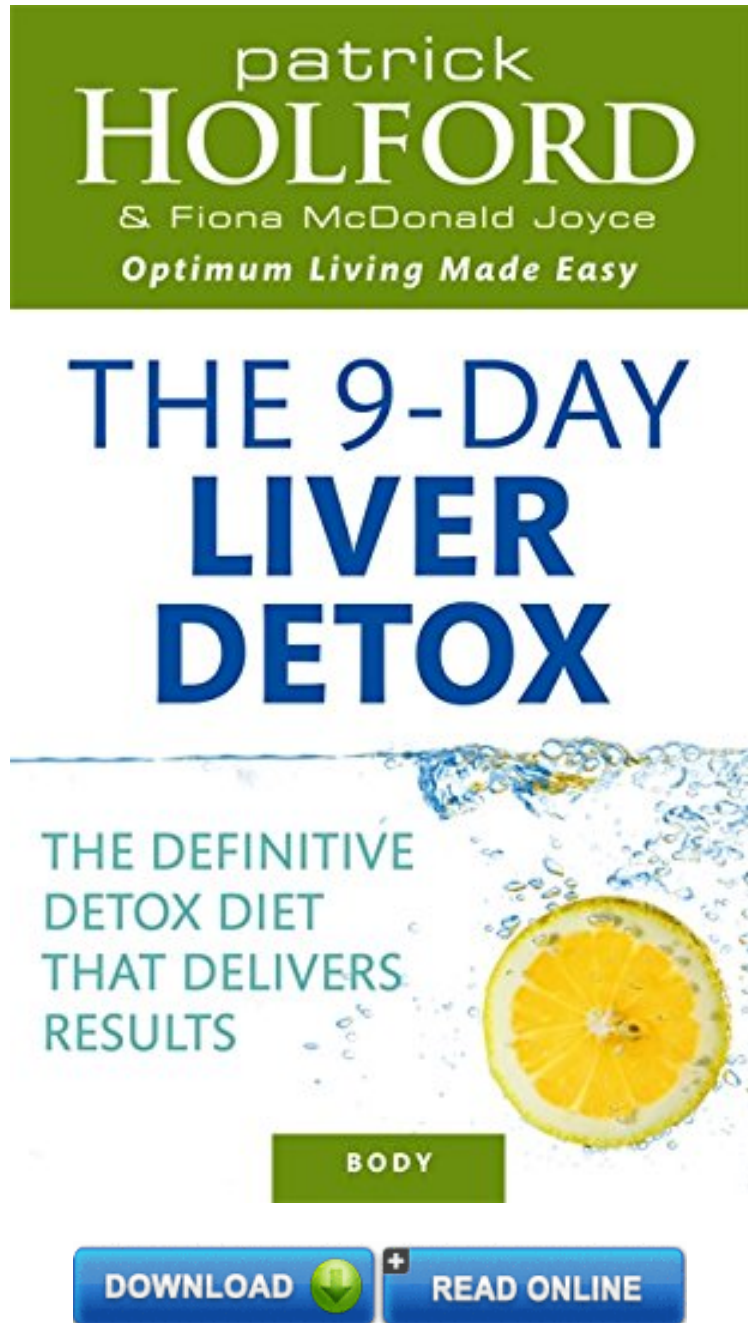


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The 9-Day Liver Detox: The Definitive Detox Diet that Delivers Results

Patrick Holford, Fiona McDonald Joyce
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Patrick Holford, Fiona McDonald Joyce : The 9-Day Liver Detox: The Definitive Detox Diet that Delivers Results before purchasing it in order to gage whether or not it would be worth my time, and all praised The 9-Day Liver Detox: The Definitive Detox Diet that Delivers Results:

3 of 3 people found the following review helpful. hard but effectiveBy C. ConsoloLike most detoxes, this one isn't easy. It means a total change of life style but you can cope with it a lot better because it is only for a short period. You don't really see or feel the benefits until after you have finished: better digestion, no feeling of fullness and swelling or flatulence. Do a good shop before you start as this will stop you substituting anything on the diet. The hardest bit is very few proteins.0 of 0 people found the following review helpful. Five StarsBy Marissa ZamoraThis is a hard diet!!0 of 0 people found the following review helpful. Five StarsBy Kindle CustomerArrived fast. This book was very helpful! Thank You.

The Holford 9-Day Liver Detox will change the way you eat forever and leave you looking and feeling fantastic. Patrick Holford explains why detox works, the role of the liver in detoxing, and how to detox your body. His nine-day plan is easy to follow, spread effortlessly over two weekends and the five days between. He gives you simple information on how to get started and how to get the most out of your detox, so that you will feel the benefits immediately, as you flush the toxins from your system, shake off the strains of a high-pressure life, and achieve the body and energy levels you've always dreamed of. Follow Patrick Holford's simple rules and action steps and you will feel fantastic, lose weight, and prevent the onset of many chronic and debilitating illnesses. This is a healthy and safe detox diet that you can follow for life!

Great to lose weight * NO. 1 * The Holford 9-Day Liver Detox is a diet that doesn't force you to starve. * CHAT
*About the AuthorPatrick Holford