



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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Reviews

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This ebook is definitely not easy to get going on looking at but quite fun to learn. We have read and so i am sure that i will gonna study once more yet again later on. I am very happy to inform you that here is the finest publication i actually have read inside my personal daily life and might be he best publication for possibly.

-- **Sister Langosh**