

The Detox Solution: The Missing Link to Radiant Health, Abundant Energy, Ideal Weight, and Peace of Mind

By Patricia Fitzgerald

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The Detox Solution: The Missing Link to Radiant Health, Abundant Energy, Ideal Weight, and Peace of Mind By Patricia Fitzgerald

The number and amount of toxins in the environment is at an all-time high, and the American Cancer Institute links three-quarters of all cancer cases to environmental factors. This book offers consumers a way to effectively fight the ill effects of these toxins and live a healthier life. In addition to listing the toxins that are found in such everyday sources as food, cosmetics, and cleaning products, this guide offers nontoxic alternatives. Toxic influences on the mind and spirit are also explored and suggestions for achieving emotional balance round out this whole-health plan. Knowing the risks and rewards of a less toxic lifestyle empowers consumers to make the choices that result in not only better physical health, but in improved emotional health as well.

Life- and health-enhancing topics include:

- Why the need to detox is greater than ever in the 21st century
- How toxins in the environment affect our health
- Simple solutions to counteract the negative effects of toxins
- Where to find organic food that is inexpensive and convenient
- Why the cosmetic counter can be a potent source of toxins
- How to safely detoxify the home environment
- How indigestion contributes to toxic overload in the body
- The scientific link between disease and toxicity
- What detox aids can be found right in the kitchen
- Which herbs are safe to aid in cleansing the body
- What type of exercise boosts the body’s natural detox
- The detoxification properties of vitamins, minerals, and phytonutrients
- How detoxification aids in weight loss

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Editorial Review

Review

"Very good reference book on a variety of cleansing programs that can help problems like weight issues, arthritis, asthma and more." —HerbNet Press

"Ms. Fitzgerald has written a very good guide to what may be a primary way to prevent illness in this new century." —*Townsend Letter*

"Fitzgerald's book contains good nutritional information and explores more of the emotional connections to losing touch with one's body." —*The Seattle Times*

"Make the decision to detoxify your life and use this comprehensive book as your guide. Enjoy greater health!" —*Explore Publications*

About the Author

Patricia Fitzgerald is a doctor of homeopathic medicine, a licensed acupuncturist, a certified clinical nutritionist, and the founder of the Santa Monica Wellness Center. She lives in Santa Monica, California.

Users Review

From reader reviews:

Joe Lowe:

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