



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

This is an amazing book that I actually have actually read through. I am quite late in start reading this one, but better then never. You will not truly feel monotony at anytime of the time (that's what catalogs are for concerning should you ask me).

-- **Scottie Schroeder DDS**

Thorough information! Its this kind of very good read. It is writter in basic words and not hard to understand. You wont feel monotony at anytime of your respective time (that's what catalogues are for regarding should you question me).

-- **Roel Bogisich Sr.**