



# Beauty Detox Diet: Delicious Recipes and Foods to Look Beautiful, Lose Weight, and Feel Great

*Rockridge Press*

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Nearly every time you step outside, put something in your mouth, or apply something to your skin, you are exposing your body to toxins. Although the human body can usually eliminate most of these poisons, it can also become overloaded, leading to fatigue, hormonal imbalances, weight gain, rashes, and serious diseases such as cancer. You need a beauty detox in order to restore balance to your system.

*The Beauty Detox Diet* provides you with the resources you need to kick the toxin habit once and for all, leaving you feeling and looking better than you have in ages. With a simple and effective beauty detox, you will quickly feel the difference in your skin, hair, and nails, with every step you take, all while looking younger and healthier.

With the *The Beauty Detox Diet*, you'll:

- Feed your body clean with 75 sumptuous, pure, and easy-to-follow beauty detox recipes
- Find out if now's the time to cleanse by taking the Beauty Detox Quiz
- Breathe, massage, and exercise your way to a toxin-free life
- Learn about common toxins and foods that naturally detoxify your body versus those that poison you
- Lose weight while feeling great

Whether you've tried cleansing before or you're attempting it for the first time, *The Beauty Detox Diet* has everything you need to get clean and feel right.

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#### **Patricia Hooper:**

The book untitled Beauty Detox Diet: Delicious Recipes and Foods to Look Beautiful, Lose Weight, and Feel Great contain a lot of information on that. The writer explains the girl idea with easy means. The language is very easy to understand all the people, so do not necessarily worry, you can easy to read it. The book was written by famous author. The author provides you in the new period of time of literary works. You can read this book because you can continue reading your smart phone, or program, so you can read the book in anywhere and anytime. If you want to buy the e-book, you can start their official web-site along with order it. Have a nice go through.

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