



## Detox And Cleanse Your Mind And Body Feel Great Get More Energy and Live a Healthy Lifestyle

By Melissa Simons

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 490 pages. Dimensions: 9.0in. x 6.0in. x 1.1in. Detox And Cleanse Your Mind And Body: Feel Great, Get More Energy And Live A Healthy Lifestyle Detox and cleanse your mind and body is filled with proven tips and guide to help you live a healthy and happy life without killing yourself with all these hard dieting methods. You will also learn about: Red Blood Cells and why it is important to keep them healthy Brain Foods that help you focus Belly Fat Fighting Tips Learning the truth about Thyroid Health Immune Boosting Foods, and why you need it Thyroid Hormone What Are The Endocrine Glands, and What Makes Them Different from Other Glands in the body Sluggish Thyroid Gland Thyroxin And the Thyroid Hormone A Life With Arthritis Carbohydrates Minerals And much more Over 400 Pages of information to help you on your journey to start Cleansing and Detoxing your Mind and Body. For those looking to improve their health and well-being, this book may very well be a life-saver. I was particularly interested in the chapters discussing sleep and nutrition. Adequate sleep is, in my opinion, an...



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