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**The 7-Day Detox
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Bridgers. 7 Day Detox
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Barrie, N.D., with Sara Faye Foreword by Jeffrey S. Bland, Ph.D. From a consumer perspective, 7-Day Detox Miracle: Restore Your Mind and Body's Natural Vitality with This Safe and Effective Life-Enhancing Program, offers a great "package deal." On the one hand, its an excellent combination of highly readable biochemical information that forms the basis for an easy-to-implement self-help ...

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 and herbs • Home
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 Program?Healthful diet
 of liquids, fresh fruits
 and vegetables, and
 rice ?Specific vitamins,
 minerals, amino acids,
 and herbs ?Home
 hydrotherapy and a
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 lifestyle ?Healthier ...

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Day 1: Fruit (especially
 low-sugar), except
 bananas; Day 2:
 Vegetables, especially
 leafy greens and low
 carb veggies (not
 starchy veggies), and
 no fruit; Day 3: Fruits

and vegetables; Day 4: Bananas and skim milk; Day 5: Beef (or baked chicken without the skin) and tomatoes; Day 6: Beef and vegetables; Day 7: Brown rice, unsweetened fruit juices, and vegetables

The BEST Cabbage Soup Diet Recipe and 7-Day Diet Soup

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About 7-Day Detox Miracle. Rejuvenate and Refresh Your Body Starting Today! There is an effective way to free yourself of chronic aches and pains, feel healthier, and be more energetic. It's called detoxification, a process that stimulates

your body's natural ability to cleanse itself. Inside, you'll discover a simple seven-day detoxification program that will help you improve resistance to disease, normalize weight, and increase physical and mental stamina.

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