



# **7-Day Detox Miracle: Revitalize Your Mind and Body with This Safe and Effective Life-Enhancing Program**

*Peter Nd Bennett, Stephen Nd Barrie, Sara Faye*

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**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. Completely updated and revised, this edition features easy-to-prepare recipes, sample menu plans, and everything else you need to begin your new life of healthier living—today!

A Sample 7-day Home Detox Program

- Healthful diet of liquids, fresh fruits and vegetables, and rice
- Specific vitamins, minerals, amino acids, and herbs
- Home hydrotherapy and a one-week toxin-free lifestyle
- Healthier living

"Similar to an oil change for your car, the *7-Day Detox Miracle* can clean and improve the filtering of your internal fluids in a way that produces immediate benefits in fighting disease."—**Michael T. Murray, N.D., co-author, *Encyclopedia of Natural Medicine***

"This fine work again proves to me there is something 'miraculous' to be found in the time-honored precepts of naturopathic medicine."—**Peter J. D'Adamo, N.D., author, *Eat Right 4 Your Type***

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