

Internal Cleansing : Rid Your Body of Toxins to Naturally and Effectively Fight Heart Disease, Chronic Pain, Fatigue, PMS and Menopause Symptoms, and More

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Abstrak

Why not feel gloriously better? Every day our bodies are bombarded with pollutants from food, air, and stress. This buildup of toxins is bad for you and ultimately leads to fatigue, depression, and a host of other chronic health problems.

In this book are ways to help you give your body a fresh start and achieve vibrant good health.