

# Detox Your Body Naturally Hindi Hindi Edition

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## BOOK DETAILS

- Author : Dr Julia James
- Pages : 136 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : Hindi
- ISBN : 1533283966

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## **BOOK SYNOPSIS**

The unique feature of the book is to highlight the root cause of disease. Advancement of civilization practically kept us away from nature--our modern lifestyle, incorrect dietary habits, and environmental pollution account for the causes of diseases and health problems. It is not practical to go back to the old civilization and avoid pollution. It is not fruitful to advice aged people to do exercise or busy people to live in a pollution-free environment. A simple and easy method is therefore suggested for preventing disease: to take sufficient chlorophyll and color pigments (bioflavonoid), which are available and plenty in nature in fruits, vegetables, green leaves, and nontoxic colored flowers. The role of detoxification, intake of dietary fiber, and "five basic cares" are the other important aspects to increase the longevity. The author also highlights an alternative but easy method of treatment of disease and maintenance of health by introducing home medicine for family treatment. Under this system, the number of medicines is only few (about ten), hence there is no confusion of application of medicine. Thus the book provides us basic information on the causes of disease and how to keep away disease from life. Hope many people will be benefited by keeping this book.

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