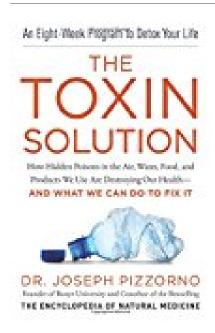
The Toxin Solution How Hidden Poisons in the Air Water Food and Products We Use Are Destroying Our Health--AND WHAT WE CAN DO TO FIX IT



BOOK DETAILS

Author : Joseph Pizzorno
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BOOK SYNOPSIS

Eliminate avoidable toxins, mitigate the effects of those you can't avoid, and enjoy a longer life with this essential health quide from a pioneer in integrative medicine, Dr. Joe Pizzorno—the author, teacher, practitioner, and founder of Bastyr University, the country's first and largest fully accredited university of natural medicine. Dr. Joe Pizzorno is convinced that lifelong good health rests on two key determinants: your exposure to toxins and your ability to process them in your body. While lifestyle, diet, and genetics all play a major role in well-being, many symptoms of declining health and chronic disease are rooted in toxic overload—our exposure to a barrage of chemicals, heavy metals, radiation, electromagnetic frequencies, and pollution that are the byproducts of modern life. While the human body has an innate capacity to detoxify, it cannot cope with the elevated levels of toxins we are exposed to today. Most alarmingly, this toxic overload has helped transform once rare diseases into epidemics affecting people of all ages. In The Toxin Solution, Dr. Pizzorno provides the proven detox and tailored methods he has developed to heal toxic overload and restore health in just eight weeks. With this essential guide you will learn how to: Avoid toxins in food and the products you use; Mend your gut and prepare for detox; Support your body in releasing the chemicals; Repair some of the damage toxins have caused. Fortunately, our bodies have a tremendous capacity for healing and recovery. With The Toxin Solution you will discover how releasing and avoiding toxins can help you to feel better today—and every day for the rest of your life.

THE TOXIN SOLUTION HOW HIDDEN POISONS IN THE AIR WATER FOOD AND PRODUCTS WE USE ARE DESTROYING OUR HEALTH--AND WHAT WE CAN DO TO FIX IT - Are you looking for Ebook The Toxin Solution How Hidden Poisons In The Air Water Food And Products We Use Are Destroying Our Health-AND WHAT WE CAN DO TO FIX IT? You will be glad to know that right now The Toxin Solution How Hidden Poisons In The Air Water Food And Products We Use Are Destroying Our Health--AND WHAT WE CAN DO TO FIX IT is available on our online library. With our online resources, you can find Applied Numerical Methods With Matlab Solution Manual 3rd Edition or just about any type of ebooks, for any type of product.

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