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Before beginning any detox diet, it's always good to check with your doctor, especially if there are any health concerns. In their book *7-Day Detox Miracle*, Sara Faye, Stephen Barrie, N.D., and Peter Bennett, N.D., explain that detoxing with a whole-body cleanse can enhance the body's systems. According to the authors, detox drink recipes can assist in ridding your body of toxins and bringing it back into healthy balance.

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5 Natural Detox Bath Recipes for Improved Health

All recipes can be doubled or tripled but this will increase the detox effect. Starting a Lifestyle Detox. I recommend starting slowly with these bath detox recipes or any health change. To help, I've compiled all of my ideas for detoxing your body and your home in my new book *The Wellness Mama 5-Step Lifestyle Detox*, now available for pre-order.

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1 Day Natural Detox Cleanse Recipes redteadeto.com

1 Day Natural Detox Cleanse Recipes Free Weight Loss Program. 1-Day Health Cleanse Recipes | The Dr. Oz Show 1-Day Health Cleanse Recipes. For those who don't have much time to spend detoxing, this 24 hour cleanse is perfect.

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The lemon detox diet a recipe that really works

Also known as the Master Cleanse, this detox diet has been around for almost 50 years and has seen variations on its recipe and program. Its effectivity in breaking down built up toxins in the body while contributing to short term weight loss has made it a popular option for a spring detox.

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Top 10 Detox Bath Recipes draxe.com

10 Detox Bath Recipes 1. DIY Bath Bomb Recipe with Wild Orange and Rose Oils. While those conventional bath bombs are loaded with chemicals, you can make your very own DIY bath bomb recipe easily at home.

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