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Detox: 25 Essential Hacks to Purify and Detox Your Body. Revitalize Your Life in Less Than a Week (Detox, detox cleanse, detox diet)

Tina Morgan

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“Detox: 25 Essential Hacks to Purify and Detox Your Body” is a book about getting healthy and overcoming ingested or absorbed toxins including excess sugar on one week. The liver is the primary focus as it is instrumental in promoting a better metabolism, and immune and digestive systems. It takes a week to effect a change, but you will also get a lifetime of benefits.

The book covers how to:

- Follow 25 essential hacks to purify and detox the body
- Improve the digestive process
- Feel less bloated or constipated
- Change your mood
- Become healthier
- Have more energy and strength

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