



## Cleanse: Ultimate Inside-Out Approach (Paperback)

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By Gaetano Morello

Active Interest Media, United States, 2008. Paperback. Book Condition: New. 140 x 13 mm. Language: English . Brand New Book. We live in a toxic world. We are bombarded by a whole host of toxins in the air, water, food, and even the products we use on a daily basis. These toxins weaken the immune system and disrupt healthy digestion, elimination, and detoxification. Cleansing the body is the only way to rid our system of these toxins. Naturopathic clinician Gaetano Morello, ND, teaches readers how to cleanse properly. Morello's scientific detoxification program features advice on how to do a quarterly cleanse, as well as daily cleansing. His inside-out approach to cleansing helps the whole body detoxify safely and effectively. Rather than using harsh colonics and extensive fasting, Morello teaches readers how to minimize exposure to toxins while shoring up the body's innate ability to detoxify.



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