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## Doctors Detox Diet the Ultimate Weight Loss Prescription

By Christine Gerbstadt

Nutronics. Paperback. Book Condition: New. Paperback. 212 pages. Dimensions: 9.9in. x 6.9in. x 0.6in. Forget everything you have ever heard or read about weight loss. Forget about low-carbs and all-you-can-eat protein. Forget about counting calories, miracle solutions, and empty promises. Its time to get serious about your weight gain and address it for what it is a medical problem. Dr. Christine Gerbstadt's Doctors Detox Diet is a science-based plan designed to heal and strengthen your body's natural detoxification system, or what she calls your SKILL Skin, Kidney, Intestine, Lymphatic, and Liver. These systems work together and independently to remove toxins and waste, fight inflammation, and speed-up metabolism to burn fat, keep it off, and create the body and life you have always desired. Using everyday foods, herbs, and spices loaded with specific nutrients, vitamins, and minerals, Dr. Gerbstadt shows how you can boost your SKILL to drop those excess pounds, get trim, prevent illness, reverse the effects of aging, and maintain optimal health. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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