



Nature s Detox Plan - A Program for Physical and Emotional Detoxification (Paperback)

By Bs Jd Cnc Roy Mankovitz

Montecito Wellness LLC, United States, 2009. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.The author, a NASA spacecraft designer, inventor, lawyer, entrepreneur, and holistic health practitioner, embarked on a twenty year research project to determine how the human body could remain healthy for the longest possible time. If you are interested in learning his results in the area of detoxification, read Nature s Detox Plan - A Program for Physical and Emotional Detoxification, which is an excerpt of the detoxification and lifestyle portions of his previously published book, The Wellness Project - A Rocket Scientist s Blueprint for Health. You do not need a background in science to understand this book because it is based on a principle that is rarely found in the health community: common sense. Find out why eating three kinds of dirt can be important to maintain your health, and how certain types of emotional detoxification can speed up the removal of physical toxins from your body. This book also includes sections on lifestyle and our environment, proving that staying healthy is not rocket science!.



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