

Title:

Detoxification For Health!

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Summary:

How do I choose a detox method?

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Detox diets can target the different organ systems involved in detoxification: the skin, liver

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Article Body:

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Detox diets can target the different organ systems involved in detoxification: the skin, liver

Other forms of detox include juice fasts, macrobiotic diet, colon cleanse, and liver flush. If

If you are a heavy smoker or take drugs regularly, it will be a huge shock to the system to gi

Headaches?

Food additives, sugar, alcohol, caffeine withdrawal, constipation, hormonal imbalance and expo

Sauna

Saunas enhance circulation and oxygenate the tissues. They open the nasal passages and assist

There are tons of detox diets out there. Typically they involve 1 or 2 days on a completely li

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