

Title:

Detoxify Your Way To Health And Beauty

Word Count:

484

Summary:

How many times have your brain felt so sluggish that you can't even think clearly? How many ti

Keywords:

health and beauty

Article Body:

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Detoxification is not merely sweating buckets on the gym or starving yourself with a water die

Start on a Friday by eating light (think salads and fruits) and drink lots of water the whole

Begin the next day by drinking hot lemon water. Go for a walk while breathing deeply. Give you

Be reminded though that you may experience excessive sweating, slight headaches, and skin rash

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