



The Purification Plan: Pure Vitality, Pure Resilience, Pure Health

From Rodale Books

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The Purification Plan: Pure Vitality, Pure Resilience, Pure Health From Rodale Books

Proven strategies to repair toxic damage and restore the body to vibrant health?in as little as 7 days!

A growing body of research points to toxins as a major contributor to weight gain, fatigue, and chronic illness. Now anyone can safely and effectively cleanse the body of these harmful compounds to look and feel years younger.

Dr. Peter Bennett has been using detoxification techniques in his practice for more than 20 years, with remarkable results. Drawing on his own clinical experience and the discoveries of other top detox experts, he has created an exclusive 7-day program to flush out toxins and purify the body in just one week. Readers will learn:

- the best foods, herbs, and supplements for detoxification
- gentle "detoxercises" that enhance immunity and fight the effects of stress
- simple solutions to create a clean, pure environment at home and at work
- strategies for setting up a rejuvenating home spa inexpensively
- special 1-, 2-, and 3-day fasts and weekly, monthly, and seasonal cleansing routines

For anyone who wants to lose weight, the 7-day program is perfect for jump-starting their efforts. Readers also can customize the program with targeted strategies for specific health concerns, including arthritis, diabetes, depression, migraines, and allergies.

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The Purification Plan: Pure Vitality, Pure Resilience, Pure Health From Rodale Books Bibliography

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Editorial Review

From Publishers Weekly

According to naturopathic physician Bennett (coauthor, *7-Day Detox Miracle*), regular detoxification is essential to health and healing. Although the body has powerful organs of detoxification (liver, lungs, kidneys, skin and intestines), Bennett and his colleagues say poor diet, stress, medications and exposure to pollution cause toxic overload. When toxins build up in the blood stream, the body becomes vulnerable to such problems as allergies, fatigue, mental lethargy and life-threatening diseases. Their plan to revitalize and heal includes a seven-day body cleansing; strategies for specific conditions; and steps for remaining toxin-free. They discuss how various methods can be safely and effectively applied, from basic self-care (exercise, meditation, diet, herbs, supplements, aromatherapy) to more intensive therapies (fasting, colonics, hydrotherapy, lymphatic drainage, ayurvedic medicine, etc.). Readers will discover which foods and exercises promote detoxification, how to create a home spa and how to select treatments for their needs. Those looking for quick and practical ways to lose weight, achieve emotional stability and increase energy will find the book's format, with problem-specific lists, simple recipes and photos of the exercises, helpful, while those who suffer from chronic conditions that resist mainstream treatment will find a variety of alternatives capably described. (*Feb.*)

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About the Author

PETER BENNETT, ND, coauthor of *7-Day Detox Miracle*, is medical director of the Helios Clinic in Victoria, British Columbia.

Users Review

From reader reviews:

George Harvey:

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Sherry Hansen:

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James Martin:

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