



The Body Restoration Plan: Eliminate Chemical Calories and Repair Your Body's Natural Slimming System

By Dr Paula Baillie-Hamilton

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Toxic chemicals damage the metabolic and appetite-regulating mechanisms of the body's natural Slimming System, a vast network of important body functions that maintain and control proper weight. In this groundbreaking book, Dr. Paula Baillie-Hamilton shows how to identify, avoid, and manage the negative effects of what she calls Chemical Calories with: * detailed food guides enumerating the levels of Chemical Calories in common foods;* helpful tips on how to rid the home of dangerous toxins;* detoxifying menu plans and recipes; and* natural supplement programs to restore and energize the body's Slimming System.

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Editorial Review

About the Author

Dr. Paula Baille-Hamilton, a visiting fellow in occupational and environmental health at Stirling University in Scotland, is an adviser to the Soil Association, the organic certification body in the United Kingdom. Her extensive work on chemical toxins and organic food has been published in medical journals. She also writes for the British magazine **Organic Life**.

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