



12 Step Detox (Paperback)

By Dr Christopher J Dorais

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.For years, author Dr. Christopher J. Dorais watched his health collapse with little power to halt or reverse the downward spiral. Finally, after years of research, experimentation, and trial and error, Dr. Dorais discovered the key to optimizing his health: detoxifying the body's four main filtrations systems. The human body features amazing built-in systems for removing harmful elements and waste products. Relying on the thyroid, liver, kidneys, and intestines, the body filters out toxins that it is exposed to on a daily basis. This filtering is essential if the body is to function normally. It is vital that these four filtration areas are periodically cleansed of impurities themselves-and 12 Step Detox shows the reader in a step-by-step manner how to do it. In this straightforward, easy-to-follow manual, Dr. Dorais lays out protocols for detoxing your vital organs in order to promote healing and to start looking and feeling your very best. Unlike other programs that rely on expensive supplements and stringent programs, these protocols can be implemented by anyone, regardless of age, location, or budget. Don't waste your...

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