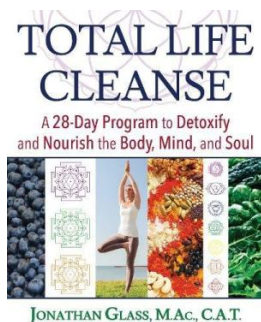


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TOTAL LIFE CLEANSE: A 28-DAY PROGRAM TO DETOXYFY AND NOURISH THE BODY, MIND, AND SOUL (PAPERBACK)



Inner Traditions Bear and Company, United States, 2018. Paperback. Condition: New. Language: English . Brand New Book. A comprehensive guide to the integrated detox of body, mind, and spirit * Presents a practical 28-day plant-based program, divided into four cycles, to initiate and maximize physical, mental, and spiritual detoxification * Provides plant-based smoothie and meal recipes, tips on liver health and healthy elimination, exercise and yoga practices, breathing and meditation techniques to address toxic thought patterns, and Karma/Forgiveness cleansing rituals...

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- Authored by Jonathan Glass
- Released at 2018



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