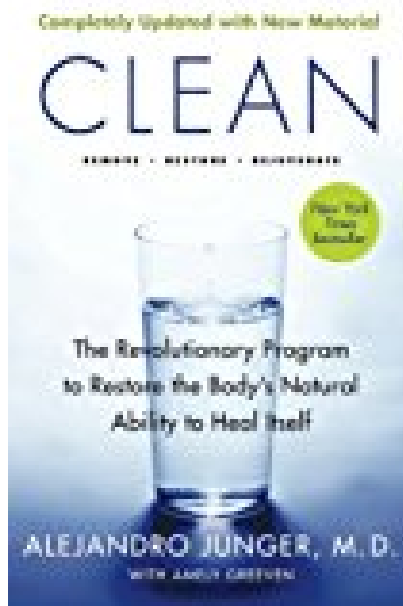


Clean -- Expanded Edition The Revolutionary Program to Restore the Bodys Natural Ability to Heal Itself



BOOK DETAILS

- Author : Alejandro Junger
- Pages : 332 Pages
- Publisher : HarperOne
- Language : English
- ISBN : 0062201662

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BOOK SYNOPSIS

This book is enhanced with content such as audio or video, resulting in a large file that may take longer to download than expected. This enhanced edition of Clean includes extra audio, video and recipes. In Clean, a New York City cardiologist and a leader in the field of integrative medicine, Dr. Alejandro Junger, offers a major medical breakthrough. Dr. Junger argues that the majority of common ailments are the direct result of toxic build-up in our systems accumulated through the course of our daily lives. As the toxicity of modern life increases and disrupts our systems on a daily basis, bombarding us through our standard American diet and chemical-filled environments, our ability to handle the load hasn't accelerated at the same rapid pace. The toxins are unavoidable but Clean offers a solution.

CLEAN -- EXPANDED EDITION THE REVOLUTIONARY PROGRAM TO RESTORE THE BODYS NATURAL ABILITY TO HEAL ITSELF

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