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Perfect Detox

By Gill Paul

Cornerstone. Paperback. Book Condition: new. BRAND NEW, Perfect Detox, Gill Paul, Perfect Detox is the ideal companion for anyone who wants to give their system a spring clean. Covering everything from 24-hour cleanses to full 30-day programmes, it gives step-by-step guidance on choosing the right detox plan and helpful advice to ensure that you get the full range of nutrients every day. With a unique A-Z listing that includes nutritional information about over 100 detox superfoods, Perfect Detox has everything you need to revive and rejuvenate yourself. The Perfect series is a range of practical guides that give clear and straightforward advice on everything from getting your first job to choosing your baby's name. Written by experienced authors offering tried-and-tested tips, each book contains all you need to get it right first time.



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