



Detox Diet & Detox Recipes in 10 Day Detox: Detoxification of the Liver, Colon and Sugar With Smoothies

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The detox diet has so many benefits. For example: boost our energy, gets rid of waste of the body, helps with weight loss, strengths our immune system, give us a healthier skin, improve our well-being, improve our breath, and make us think a lot better. The common denominator of all of these benefits is the improve it causes on our bodies. Our body is not a dispose can. Our body is a gift, a temple and we are responsible to take care of it.

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Paul Butler:

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Justin Davis:

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