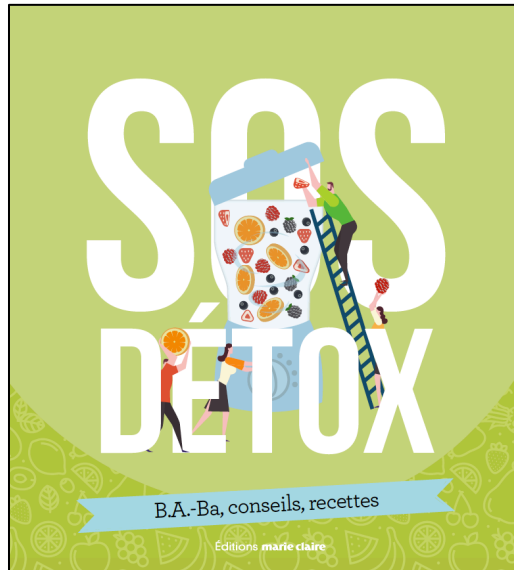


SOS Detox

March 2019

SOS



Synopsis:

Detox: everybody speaks about it, but how do you know if it is for you? With this little practical book, the naturopath Ana Pinto Caetano invites readers to discover in a clear and accessible way what detox is and all the aspects it covers (food, lifestyle, sport, meditation, etc.).

Content:

- Principles of a detox course of treatment (Why? Who? When? Side effects?)
- Allies of a detox course of treatment (products, food, plants, activities).
- Detox of the emunctories (liver, kidneys, guts, lungs, skin).
- 4 detox programs (including Spring detox and Autumn detox)

The Author: Ana Pinto Caetano is a naturopath near Paris. Beside her work in her practice, she hosts workshops and conferences on various themes such as food, lifestyle, detox. Her website: <https://naturopatheetvous.fr>

■ Specs:

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- 160 x 180 mm
- Paperback
- ISBN : 979-10-323-0379-5

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