

My Detox Program in 21 Days

Everything you need to know for a successful cure.

Authors: H el ene Comlan and Lucie Reynier

Detox cure is a reset of the body! Purified, lighter, our body finds again the energy it needs.

Battered by pollution, stress and food, our body is no longer able to eliminate toxins. Consequences: digestive problems, headache, tiredness... indicators that it is time to start a detox cure!

It can be a real rejuvenation. Detox helps to refocus on your health and to lose some weight in the process!

Content: How to start and organize your detox cure? Advises to buy good ingredients. Cooking processes to favour. 80 recipes for the whole year, from starters to desserts.



The Authors:

- **H el ene Comlan** is a naturopath trained at l'Institut Sup erieur de Naturopathie – l'ISUPNAT. She specialises in life hygiene and food.
- **Lucie Reynier** is a dietician-nutritionist. She teaches the principles of a balanced diet during workshops.

Specs:

192 pages – 195 x 225 mm
RPP: 19,90 €
ISBN: 979-10-323-0478-5

Available: September 3rd 2019