



# **Eat Clean and Regain Your Health: How to Easily Detox Yourself in 21 Days (The Wellness Solution Book 7)**

*Daniel Lonquist, Greg Haitz*

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In this seventh book of our Wellness Solution Series, Eat Clean and Regain Your Health, we look at why it is important to periodically cleanse your body of toxins. We discuss how the body can become toxic and why a proper body cleanse can jump start your health and wellness. We will give you the most up-to-date scientific approach to the body cleanse with instructions on how to go about it and how often. We will examine why many nutritional deficiencies can start due to a slow and sluggish liver, kidney and intestinal system, why acid-alkaline balance is important in health and why it is hard for some to lose weight, while others can do it in their sleep.

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