

The Complete 10-DAY DETOX

Diet Plan & Cookbook

This comprehensive detoxification guide will help you understand the best ways to get rid of toxins in your body through dietary and lifestyle changes. Detoxifying is crucial when it comes to optimizing your weight and improving your digestion, skin, joints, energy, hormone levels, immune system and overall vitality. Karen Barnes offers a plan that is practical and easy to follow, and provides the most recent research and information on common toxins. And the low-allergen, gluten-free, dairy-free and corn-free recipes will make meal planning a delicious and incredibly satisfying experience. At no time will you feel deprived — these dishes are so good you'll happily incorporate them into your daily life.

The 10-Day
Cleansing Detox
Meal Plan comes
complete with
irresistible recipes
for breakfast,
snacks, lunch and
dinner so you can
put the diet into
action simply
and easily.

Here are some of the things you'll learn:

- How to limit your exposure to toxins, including arsenic, lead, cadmium, mercury and iron
- How to detoxify your bowel and liver
- How to reduce consumption and limit harm to the environment
- How to identify food allergies, sensitivities and intolerances
- The 10-Day Detox Diet + Cleansing Detox Meal Plan
- 150 recipes, from juices and smoothies to breads and dips to legume and vegetable dishes

KAREN BARNES, MSc, ND, is committed to public education on natural approaches to health care. She has appeared monthly on a live phone-in show, made frequent TV appearances and contributed regularly to magazines. Karen is passionate about finding the underlying causes of disease and empowering people to take the natural path to wellness.

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Karen Barnes, MSc, ND