

Download The Detox Strategy Vibrant Health In 5 Easy Steps

Chemicals in our foods, bottled water, the environment and products in our home bombard our bodies and sabotage our health, Brenda Watson, C.N.C., and Leonard Smith, M.D., assert in their book "The Detox Strategy: Vibrant Health in 5 Easy Steps." Without sulfur, the body cannot properly detoxify substances including pharmaceuticals, environmental toxins and heavy metals, according to digestive care expert, Brenda Watson, in her book "The Detox Strategy: Vibrant Health in 5 Easy Steps." Want to be healthy and happy? These Health & Wellness Articles For Living a Vibrant Life will help you get there! Many articles on various health and wellness topics. What is a low carb diet, really? When can a low carb diet be beneficial? Should everyone follow a low carb diet? Or, can a low carb diet ruin your health?