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The Living Beauty Detox Program: The Revolutionary Diet for Each and Every Season of a Woman's Life



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Ann Louise Gittleman
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SPRING -- time to rejuvenate. Leafy green vegetables, dandelion root tea, dill, mint, and chlorophyll-rich parsley cleanse the system, balance energy, and aid digestion.SUMMER -- an active season. Rose hips tea, garlic, cayenne pepper, and oregano, along with the Living Beauty Elixir, promote vitality, make the heart strong, and increase nutrient absorption.AUTUMN -- time for inward reflection and preparation for the darkness of winter. Fenugreek tea and warming foods and spices like cinnamon, c ...

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