



Detox: The Lazy Person's Guide!: The Simplest Way to a Fitter Body, a Clearer Mind and Higher Spirits

Belinda Viagas

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Based on the simple principle of detoxification as a means of cleansing your system, the dynamic, natural techniques in *Detox: The Lazy Person's Guide!* will give you a fitter body, a clearer mind and higher spirits.

Author Belinda Viagas offers the simplest of rules to guide your detox, tailor-made to your individual needs, telling you what to eat, how to prepare it, and what to avoid. A series of easy exercises will further boost your circulation and stimulate your immune system.

The Lazy Person's Guide! is a series of popular, cheerful yet thoroughly grounded, practical and authoritative books on various health issues and conditions. Other titles in the series include *Beating Overeating*, *Exercise*, *Improving Your Memory*, *Midlife*, *Quitting Smoking*, *Self-esteem* and *Stress*.

Other books by Belinda Viagas include the *Detox Diet Book*, *Natural Healthcare for Women* and *The Pocket A-Z of Natural Healthcare*.

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