



The Detox Cure: The Science-Based Natural Medicine Guide to Eliminating Toxins and Restoring Your Strength, Energy, and Health

Joseph Pizzorno

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From Reader Review The Detox Cure: The Science-Based Natural Medicine Guide to Eliminating Toxins and Restoring Your Strength, Energy, and Health for online ebook

Amy says

This book is scary.

Not the horror movie kind of scary, but the "we are killing ourselves with our modern lifestyle" kind of scary.

Dr. Pizzorno presents evidence of how our western lifestyle, which relies heavily on chemicals, plastics, pesticides, and heavy metals is slowly but surely making our society sicker and sicker. And although modern medicine can help alleviate the symptoms, it cannot fix our health issues because we keep poisoning ourselves with what we put in and on our bodies.

The author provides examples from his own naturopath medical practice of people who have been helped by eliminating toxins from their bodies. Each person is different, but everyone can benefit from using cleaner cosmetics/personal care products, minimizing exposure to harmful chemicals in our environment, and eating healthier/organic foods.

Dr. Pizzorno provides clear protocols to try to rid our bodies of toxins. Each protocol is only 2 weeks long. Although some of the stuff seems difficult to actually carry out (like eating ALL that fiber!), but even if one does some of the actions, it would still help detoxify him or her.

The only action I've taken thus far is throwing out my "dirty" cosmetics and beauty products and replacing them with organic and more natural formulas and I've already noticed a difference. Not only do I feel better about the products I'm using, but my skin actually looks better.
