



The Daniel Detox: 21 Days to Revitalize Your Body and Spirit

Don Colbert

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The Daniel Detox is a timeless resource for use every season. It provides a twenty-one-day complete meal plan for cleansing the body of harmful toxins that is designed to restore you to health—mind, body, and spirit. This book's versatility includes a partial cleanse over a three-week period to provide liver support against the effects of toxins, a one-week juice fast, or the total twenty-one-day protocol to both support the liver and detoxify the body.

Colbert's cutting-edge exposition on the spiritual and physical benefits of biblical fasting make this book unique. There are specific recommendations for how to heal some of the plaguing illnesses many of us suffer from such as:

- Type 2 diabetes
- Coronary disease
- Benign tumors
- Crohn's disease and ulcerative colitis
- Autoimmune diseases
- Allergies and asthma
- Psoriasis and eczema
- Hypertension

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From reader reviews:

Teresa Howard:

Spent a free time and energy to be fun activity to perform! A lot of people spent their down time with their family, or their own friends. Usually they doing activity like watching television, planning to beach, or picnic inside park. They actually doing same every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? Might be reading a book could be option to fill your cost-free time/ holiday. The first thing that you'll ask may be what kinds of guide that you should read. If you want to attempt look for book, may be the publication untitled The Daniel Detox: 21 Days to Revitalize Your Body and Spirit can be great book to read. May be it is usually best activity to you.

Benjamin Holmes:

The book untitled The Daniel Detox: 21 Days to Revitalize Your Body and Spirit contain a lot of information on it. The writer explains the girl idea with easy method. The language is very clear and understandable all the people, so do not worry, you can easy to read it. The book was compiled by famous author. The author brings you in the new period of time of literary works. It is easy to read this book because you can please read on your smart phone, or gadget, so you can read the book inside anywhere and anytime. In a situation you wish to purchase the e-book, you can open up their official web-site along with order it. Have a nice study.

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