



Cleansed: Exposing the Lies and Dangers of the Cleansing Fad (Paperback)

By Joey Lott

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Is Your Colon Really in Need of Cleansing? Coffee enemas and green smoothies. Colonics and laxatives. All the so-called cleanses that are out there today are meant to make you healthy, clean, and pure.but do they actually work? Can you really expel gallstones by drinking olive oil and citrus juice? Should you be consuming Epsom salts? No one seems to be asking if we should be doing these cleanses in the first place, though.until now. Author Joey Lott lays it all on the line with his latest book, Cleansed. He digs into the most popular cleanses today, sharing tales of his own experience, that of his clients, and the results of his extensive research on the subject. A Better Way Than Eight Glasses a Day What happens to your cells when you drink too much water? Shouldn t you be eating as much fiber as possible? Are you really burning fat with all that cardio? You may think that more is better when it comes to fiber, water, and exercise, but Cleansed will reveal the truth behind the hype being...



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