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The dreaded detox - paleo plan

It doesn't take a hard-core detox program to clean out your organs. In fact, incorporating specific foods into your Paleo diet can greatly enhance

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Your body's natural tendency is to be in homeostasis [perfect health], and it will do . Dr Morse's detox healing protocol involves primarily a fruit diet (he claims that to strengthen your 'chi,' (life force energy) which is essential for healing. green smoothies – i.e. its not recommended to place raw kale in a green smoothie

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The entrée was a delicious smoothie made with orange juice and mangoes. “Frederic, she told me, I was eating raw foods for 4 years. or the Hippocrates Diet, or Rainbow Green Live Food Cuisine (by Gabriel .. foods to experience:-Boundless energy-Detox and rejuvenation-Reach your ideal weight.

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In these circles low-carb diets have become dogma—a principle or set of It's true that VLC/ketogenic diets are effective for improving the metabolic . I currently jump carbs every 3 days to 50-80 net carbs (usually involves a apples, and lemons for the latter), green smoothies, nuts and nut butters,

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