

# **Valerie Saxions Cleansing Recipe**

**Valerie Saxion** 

#### **Valerie Saxions Cleansing Recipe:**

How to Feel Great All the Time Valerie Saxion,2002 SPECIFICALLY VALERIE GUIDES HER READERS INTO AN UNDERSTANDING OF HOW THEIR BODIES WORK HOW TO STOP EATING JUNK FOOD AND THE IMPORTANCE OF BODY OXYGEN EXERCISE AND WATER CANDIDA DETOXIFICATION FASTING AND WEIGHT LOSS ARE ALL COVERED AS WELL AS ESTABLISHING A PERFECT DIET THAT IS FILLED WITH FOODS THAT SUPERCHARGE THE MIND AND BODY NATURE S PRESCRIPTIONS OF VITAMINS MINERALS AND HERBS SUPPLEMENT ALL THAT SHE TEACHES How to Detoxify & Renew Your B Valerie Saxion,2003-03-01 This booklet teaches a complete program of the most basic steps a person can take to restoring an abundance of health and unbounded energy

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