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Delicious Detox

By: Carol Morley, ND

There are endless reasons to do a detox, but figuring out what to eat and whether or not these foods will be tasty enough to feed to your family are common issues. Dr. Morley explains the basics of detox programs and provides an incredible array of mouth-watering recipes that will make you want to detox permanently!

The recipes in this comprehensive book include, breakfasts, salads, soups, mains, sides, dressings, dips and snacks. Dr. Morley not only tells you how to prepare these amazing dishes, but she also ensures your culinary success by providing detailed appendixes with step by step guides on how to cook whole grains and dried beans.



[\$24.95, www.deliciousdetoxcookbook.com]