



# Toxic Relief: Restore health and energy through fasting and detoxification

*Don Colbert MD*

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**We live in a toxic world. And it is only getting more toxic by the day.**

## **You need toxic relief!**

In this new revised and expanded edition of *Toxic Relief*, Dr. Don Colbert provides an easy to understand and comprehensive explanation of the toxic battle you're in and a proven program to cleanse your body in just thirty days.

- Learn about dangerous foods to avoid and healthy substitutions you can make.
- Detoxify your body with a rotational juice fasting program.
- Overcome fatigue! Learn how to find the right foods and supplements.
- Explore the spiritual and physical aspects of fasting.
- Find out why saunas and exfoliating detox your body.

Deep cleansing your body down to the cellular level will renew your vitality, restore your energy, reclaim your health, shed toxic fat, lengthen your life, and give you a healthy glow you haven't had in years. Brighten your outlook and change your attitude as Dr. Colbert guides you to healthy living body, mind, and spirit.

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