



# Detox: The Lazy Person's Guide!: The Simplest Way to a Fitter Body, a Clearer Mind and Higher Spirits

*Belinda Viagas*

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**Detox: The Lazy Person's Guide!: The Simplest Way to a Fitter Body, a Clearer Mind and Higher Spirits** Belinda Viagas

**Based on the simple principle of detoxification as a means of cleansing your system, the dynamic, natural techniques in *Detox: The Lazy Person's Guide!* will give you a fitter body, a clearer mind and higher spirits.**

Author Belinda Viagas offers the simplest of rules to guide your detox, tailor-made to your individual needs, telling you what to eat, how to prepare it, and what to avoid. A series of easy exercises will further boost your circulation and stimulate your immune system.

*The Lazy Person's Guide!* is a series of popular, cheerful yet thoroughly grounded, practical and authoritative books on various health issues and conditions. Other titles in the series include *Beating Overeating, Exercise, Improving Your Memory, Midlife, Quitting Smoking, Self-esteem and Stress*.

Other books by Belinda Viagas include the *Detox Diet Book, Natural Healthcare for Women* and *The Pocket A-Z of Natural Healthcare*.

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