



14 Day Herbal Cleansing: A Step-by-Step Guide to All Natural Inner Cleansing Techniques for Increased Energy, Vitality and Beauty

Laurel Vukovic

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Presenting an easy-to-follow, 14-day programme of herbal cleansing and rejuvenation, this work outlines the author's recommendations to reverse the signs of ageing through detoxifying bodily systems, cleansing negative thought patterns, improving circulation, relaxing, stimulating lymphatic circulation, and sharpening mental focus. Topics covered include: the six essential components of a non-toxic life; five natural ways to help cleanse the body; stabilize mood swings through detoxification; the mental benefits of cleansing; detoxify to accelerate healing; herbs for the skin; how to make herbal tinctures; and aromatherapy, herbal and mineral bath treatments.



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