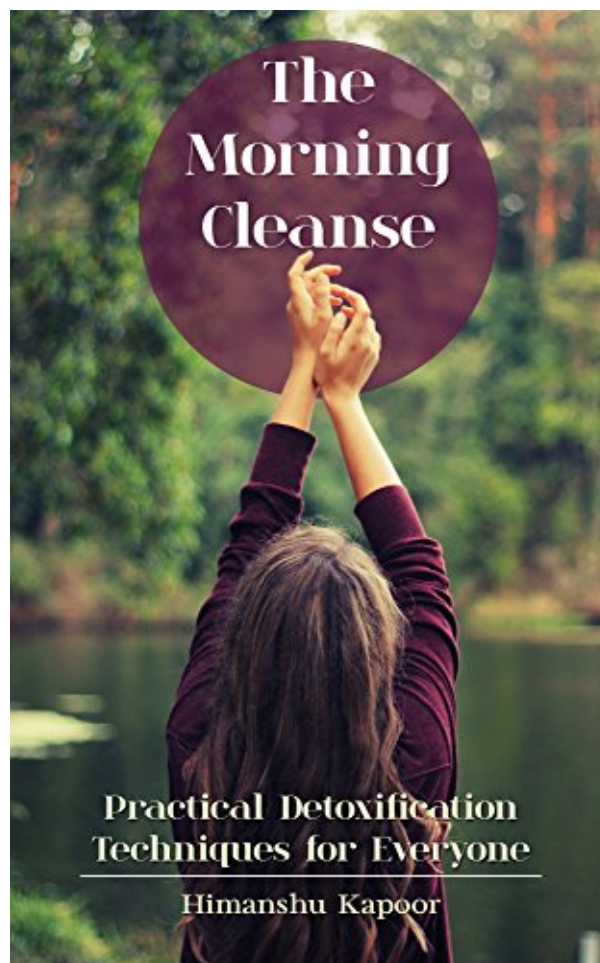
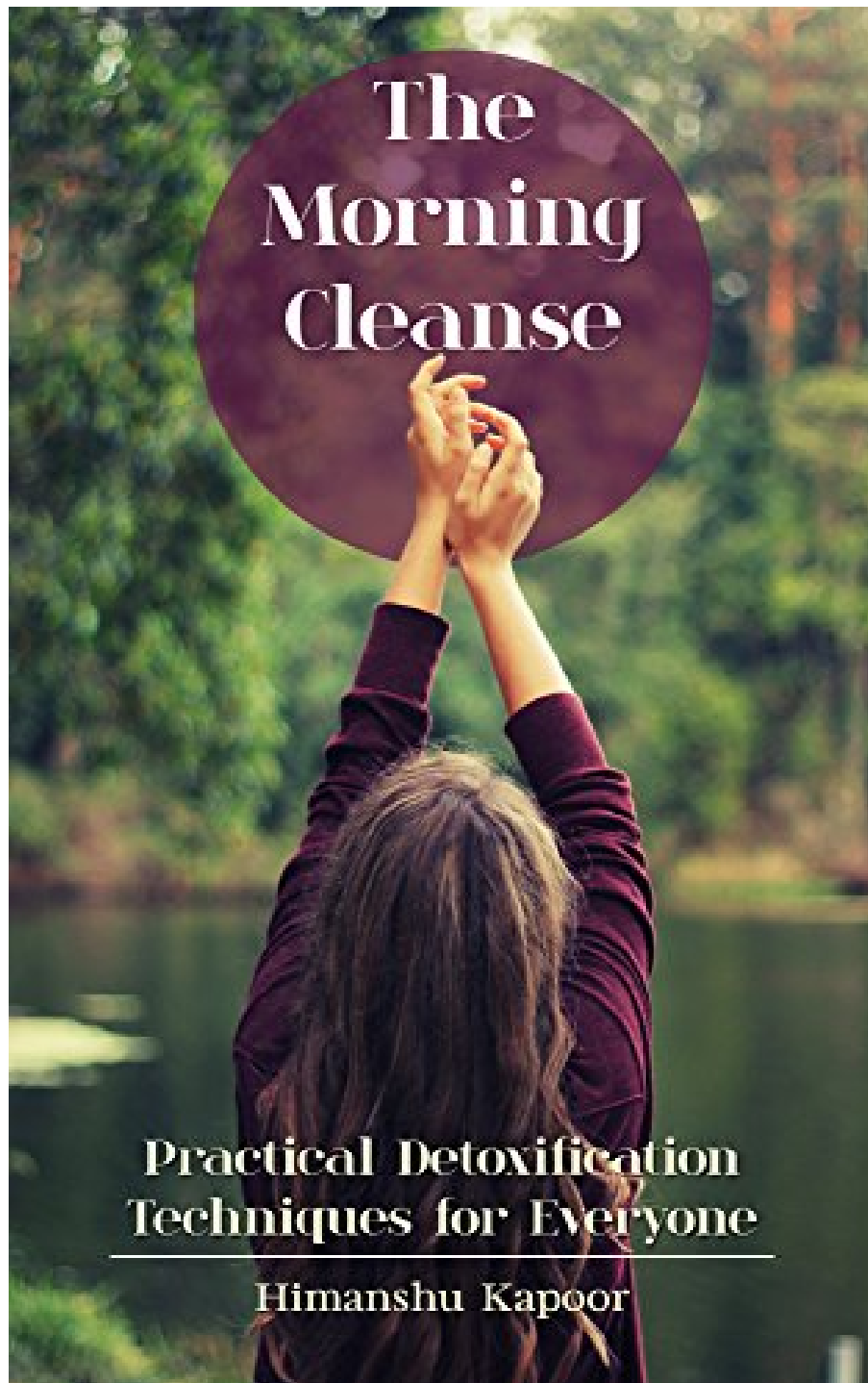


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This book consists of cleansing techniques that are practical and have an efficacy to detoxify your body. What sets this book apart is applicability of these techniques in your morning routine. Unlike specialized detoxification programs that demand your time and money, the techniques listed in this book can be inducted in your routine without much effort. The cleansing techniques mentioned in this book are easy in a manner that you just need your thumbs, fingers, water, common kitchen vegetable oils and kitchen condiments to practice them. You do not have to purchase specialized equipment, garments, potentiated herbs, sea mud or anything of that matter to practice and get detoxified.

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