



# The Detox & Nutrition Workbook: Sixty Days to A New You

*Dr. Brent Baldasare*



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Most of us equate a detox and weight loss with deprivation. We think hunger, weird food, cucumber juice and maybe even enema therapy. We might feel better at the end, but is it really worth the pain and suffering? The thing is, you don't have to suffer. There's another kind of detox that's all about amazing, delicious food. It's a new kind of detox that's a giant jumpstart for your health and a reboot for your metabolism. It's fun, easy to do and a direct route to feeling fabulous. It's what I do with my patients, and you can do it to dramatically transform your life in the next 60-90 days. Over the last 15 years, I've taken care of thousands of patients who suffered from the harmful effects of the toxic foods - industrial, factory-made science projects made with tons of sugar and flour! It's done more than make them struggle with weight and fad diets. It's completely derailed their health. Worse, they blame themselves for not being able to succeed at controlling their eating habits or cravings. Millions of us, over half the population, suffer from food sensitivity AKA diet induced inflammation. That's when you feel bloated, lethargic and just not like yourself. Sometimes it's little symptoms such as achy joints or muscles, brain fog, fatigue, headaches, allergies or gas, or more serious problems such as autoimmune diseases, migraines, asthma, acne, irritable bowel, reflux, arthritis or worse. When I use the word "detox" I mean a scientifically designed medical detox from toxic and inflammatory foods. The fun part is that it's done simply by taking out the bad stuff and putting in healthy good stuff...lots of good stuff.



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