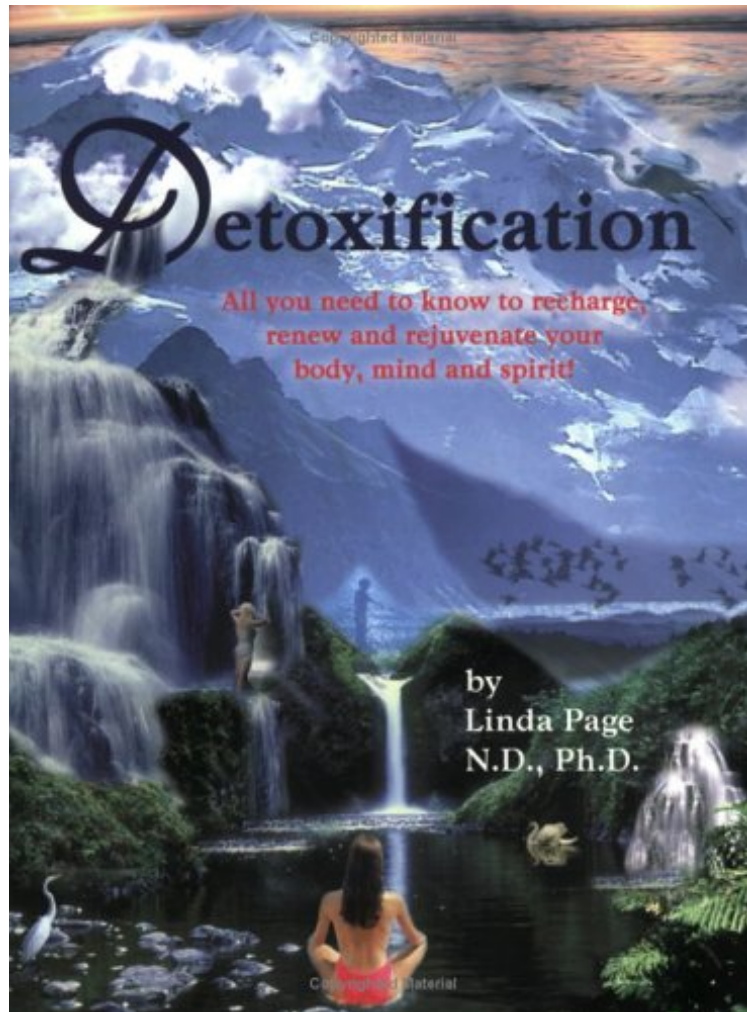


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## **Detoxification - All you need to know to recharge, renew and rejuvenate your body, mind and spirit!**

*Linda R. Page*

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**Linda R. Page : Detoxification - All you need to know to recharge, renew and rejuvenate your body, mind and spirit!** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Detoxification - All you need to know to recharge, renew and rejuvenate your body, mind and spirit!:

9 of 9 people found the following review helpful. You can only look into the book when you get it home and it's worth every cent. By go global 'Jane' Superbly organized. Every type of (detox) cleanse imaginable, and each is separately specified so you need only what is on that one page because it's all there for that one particular cleanse. What to do, and when, and what with what. For the night before, and the next day upon rising, then for breakfast, for mid-morning,

lunch, and so forth right through before you go to bed that first evening. Whether it's herbs that you choose or their combination or for choices of products from among all the many specialized companies, everything is laid out for you and so easily understood. Linda Page has done all our research for us. I am a shaman and American Indian practices, the traditional European spas and India's Ayurveda. No excess wordiness. A perfect road to wellness with just the right number of her recipes. This book is a gem. Sort of like having your own health dictionary. 1 of 1 people found the following review helpful. Very helpful, Somewhat Dated By D The information in this book is very comprehensive and well-researched. It describes a variety of detoxes and goes into great detail regarding the uses of herbal supplements, when and how to detox, etc. The information is trustworthy, as it is based on years of trials, and the author is a Ph.D. and Doctor of Naturopathic Medicine. It could also be useful as a reference book for those who are interested in taking herbal supplements for better health without doing a complete detox. However, as the book was published in 1999, the information is somewhat dated. A new version of this book by the same author would be perfect. 2 of 2 people found the following review helpful. Linda Page is Awesome!! By Customer I was very pleased with this book. I needed a book for a school paper. This book was great. The author of this book explains detoxing in many details. IT is easy to understand and very accurate. Linda Page is a superb author and person. This book is AUTHENTIC! If you need to learn the proper ways to detox, this book will be a great part of the journey.

More than twenty-five thousand new toxins enter our environment each year. Detoxification and body cleansing is a necessary commitment in today's world - a way of life - for good health. In this complete encyclopedia/guide of detailed instructions for detoxification and cleansing, Dr. Page discusses why body cleansing is necessary in today's world. She shows you: what you can expect when you detox; what a good cleanse really does; how to direct a cleanse for best results. Also: \*Detailed detox charts for special needs \*Step by step instructions that guide the reader through every detox program \* Extensive "Green Cuisine" recipe section \*Materia Medica Detox Herbal Supplement Directory with over 90 herbs \*Glossary of detox terms \*List of detox-spa centers in America \*Recommended product listing \*Much more! "The commitment to having a clean body is a commitment to enjoying a better quality of life as you rejuvenate your body, mind and spirit through detoxification and body cleansing. Cleansing improves every part of your being: physical; psychological; sexual. You'll look and feel better!" - Linda Page, N.D., Ph.D.

Detoxing with common sense, May 13, 2003 By P. Hickman "Patricia Hickman 'southern novelist' (Southern United States) - See all my reviews (REAL NAME) This is a good book to read for following your first detox. But I did find that my body needed some protein on the second day. So I added beans to the evening meal of miso the second night and it worked like a charm. This book contains some New Age mumbo-jumbo, but if you follow the dietary plans, you will see some amazing benefits. As the book recommends, I highly recommend you stick with a strict vegi diet the week before your detox to get the most benefits. I started on a Tuesday. By the following Tuesday I had lost 9 pounds and felt so great I hated going off the detox plan. Once you try a couple of different plans in this book, you figure out what works best for you. I invested in a Green Power juicer ..., the kind that juices wheatgrass, and I'm using it like crazy. You can also pick up a book of juicing recipes that will help you find ways to make the juices more delicious. Enjoy! ... --.com Clear, Complete and Informative, May 26, 2000 By V. Prado "Scrapbooking forever" (Los Angeles, CA) - See all my reviews (REAL NAME) This book is very concise and useful but is never overly-wordy and unnecessarily complicated. Very well-thought out and great resources cited as well. If you want to re-charge and feel "cleaner" than you may be able to imagine, read this book! --.com Very Informative, March 9, 2007 By Seeker - See all my reviews This book is chocked full of very helpful information and easy to read and understand. I recommend it to anyone interested in improving their health. --.com About the Author Linda Page, N.D., Ph.D. Long before natural foods and herbal formulas became a chic, widely accepted method for healing, Dr. Linda Page was sharing her extensive knowledge with those who dared to listen. During the late seventies, she opened and operated the Rainbow Kitchen, a natural food restaurant, and became a working partner in Sonora, California's Country Store, a natural foods store. Through what some would call an accident of fate but she calls a blessing, she was compelled to research alternative avenues of healing. Sequestered in a hospital with a life-threatening illness, watching her 5-foot frame wither to 69 pounds, her hair drop out, and her skin peel off, doctors told her they had no cure. With only a cursory knowledge of herbs, she began a frantic research process of testing herbal formulas and healing food combinations on herself. She read voraciously about herbal healing. Good friends shopped for herbs and she began to formulate the many compounds which would eventually save her life, revitalize her health and restore beautiful new hair and skin. It was that incident that led her to seek her degrees in Naturopathy and Nutrition. A prolific author and educator, Dr. Page has sold over a million books including Healthy Healing, Cooking For Healthy Healing, How To Be Your Own Herbal Pharmacist, Detoxification, Party Lights and a popular series of 20 library books which address specific healing therapies for topics like menopause, male and female energy, colds and flu, and cancer. Her book Healthy Healing is a textbook for courses at UCLA, The Institute of Educational Therapy, and Clayton College of Natural Health. Dr. Page also formulates over 250 herbal formulas for Crystal Star Herbal Nutrition of Earth City, Missouri. She received one of the first herbal patents in the United States for her formulas that help balance hormones to ease

menopausal symptoms. Dr. Page is an Adjunct Professor at Clayton College of Natural Health. She is also the executive editor of a monthly national natural health newsletter, Dr. Linda Pages Natural Healing Report, published by Weiss Research of Palm Beach Gardens, Florida. Dr. Page appears weekly on a CBS television station with a report on natural healing; she is featured with CBS fitness reporter Bonnie Kaye on national CBS television; she is a principle speaker at national health symposiums and conventions; she is featured regularly in national magazines; she appears on hundreds of radio and television programs. Today, Dr. Page delights in having come full circle. I feel I am living my dream. I am so grateful that knowledge of healing through herbal formulas and good foods is becoming so widespread. I see it as an opportunity for people to seize the power to heal themselves. Knowledge is power. Whether one chooses conventional medicine, alternative healing avenues, or combines them both in a complementary process, the real prescription for healing is knowledge.