



The Fast Track One-day Detox Diet

Boost Metabolism, Get Rid of Fattening Toxins, Safely Lose Up to 8 Pounds Overnight and Keep Them Off for Good

Introduces a program designed to help with weight loss and cleanse the body of harmful toxins, a plan that calls for a week of adding healthy foods to one's diet, a single-day fast, and three days of reintroducing healthy foods. (0767920457)

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