



The Detox Prescription: Supercharge Your Health, Strip Away Pounds, and Eliminate the Toxins Within

Woodson Merrell, Mary Beth Augustine, Hillari Dowdle

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The human body has an extraordinary ability to detoxify itself. However, we live in a world that is increasingly polluted, exposing our bodies to thousands of harmful chemicals that lead to obesity, diabetes, arthritis, allergies, and heart disease. The good news is you can optimize your body's natural cleansing system for weight loss, greater energy, and better health.

In *The Detox Prescription*, Mary Beth Augustine, MS, RDN, and Woodson Merrell, MD, offer more than 100 delicious and nutrient-rich recipes incorporating juices and whole foods, broken into 3-, 7-, and 21-day cleanses. Dr. Merrell's holistic system of light yoga, meditation, and other stress-reducing practices will help reset your body, mind, and spirit--and allow for control of genetic destiny.

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