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# THE HOLFORD 9-DAY LIVER DETOX

THE DEFINITIVE DETOX DIET THAT DELIVERS RESULTS



**PATRICK HOLFORD**  
**& FIONA MCDONALD JOYCE**

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# **The 9-Day Liver Detox: The Definitive Detox Diet That Delivers Results**

Patrick Holford

altering how you consume eternally and leaving you feeling and looking fantastic, Patrick Holford explains why detox works, the position of the liver in cleansing and the way to detox your body. His 9-day plan is straightforward to follow, unfold without difficulty over weekends and the five days between.

very important indeed. even if he punts all his items the nutrition is yummy and simple to follow. a great deal of worthy advise. Now to only locate the nine open days in my diary ....

## **The 9 Day Liver Detox The Definitive Detox Diet That Delivers Results**

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