



Essential Cleansing for Perfect Health

Brenda Watson, Suzin Stockton

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Unfortunately, we live in a world full of toxins. From the air we breath, to the water we drink, to the food we eat, we are inundated with toxins that have no business being in our bodies. On hot summer days we hear newscasters warning us about smog advisories. When we look at the nutritional label on the food in our cabinets we see ingredients that we can't pronounce; and when we turn on our faucets, the water barely tastes like water anymore. Everyday our bodies suffer a constant bombardment of toxins, but with the Essential Cleansing for Perfect Health program, we have the choice to fight back.

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