



# Dr. Susan Lark's Complete Guide to Detoxification

*Susan M. Lark M.D.*

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## **Dr. Susan Lark's Complete Guide to Detoxification** Susan M. Lark M.D.

Do you want to enjoy radiant health, resistance to illness, high levels of energy and a positive, balanced mood? Then, Dr. Susan Lark's Complete Guide to Detoxification is the one book that you must have! Written by Susan M. Lark, M.D., best selling author and one of the most renowned women's alternative medicine experts, she has created incredibly beneficial, all natural detoxification programs for many thousands of her patients.

Dr. Lark has written this outstanding, complete guide to healthy detoxification to share her patient proven programs with you! She also includes her expert knowledge of the most up-to date research in this field.

Poor detoxification function is linked to fatigue, brain fog, female hormone-related conditions like PMS, fibroid tumors of the uterus, endometriosis, breast disease and menopause symptoms. It is also linked to depression, anger and other mood imbalances, allergies, poor digestive function, autoimmune diseases, heart disease and even cancer.

In this essential and complete guide to detoxification, Dr. Lark shares:

- Her detoxification diet, modified fasting, fasting, and juice fasting programs.
- The best vitamins, minerals, herbs, essential fatty acids, green foods, antioxidants and amino acids to restore optimal detoxification.
- Her programs for liver flushes, colon cleansing, saunas, therapeutic baths, dry brush massage and lymph drainage.
- How detoxification affects our ability to perform well in life, have balanced emotions and better health.
- Information on how detoxification functions in our bodies, the role of the liver, and the chemistry of detoxification as well as how to evaluate and test your own detoxification capacity.
- The medical research in this field and many fascinating case studies drawn from her clinical practice to illustrate the benefits of healthy detoxification for the treatment of many illnesses as well as physical and emotional symptoms.

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