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The Kitchari Cleanse: An Ancient Detox Diet. By Dinasha Cellura | July 8, A mono-diet is defined as a limited diversity in food consumed for a number of days.

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A diet that involves eating only one type of fruit is called a mono fruit diet. You can do mono fruit fasting for extended periods. The fruit supplies organic water

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Vasey, Christopher Customer Service; Shop All Books; Weekly Offers; Clearance; Favorites; New Arrivals

### **Christopher vasey n.d**

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It is sometimes taken as a supplement during a detox diet. Mono diet Vasey, Christopher, ND. The Detox Mono Diet: The Miracle Grape Cure and Other Cleansing Diets.

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Join the banana island/banana diet challenge to detox, speed up your healing, weight loss, and boost your energy levels!

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Outlines a 4-step plan for cleansing your body with a raw food detox diet. Includes meal plans and food suggestions for a detox diet menu.

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The 40 Day Green Mono Diet. by admin | Aug 2, 2011 The camera swings to a breakfast cereal and we are assured and soothed that there is an easier way to detox.

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Many patients with mono will benefit from a mononucleosis detox. The Epstein Barr virus that causes this illness targets the liver and gastrointestinal tract to cause

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### **4. mono fruit diet - 7 ways to detox and cleanse**

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"I was not into fasting until I came across "The Detox Mono Diet: The Miracle Grape Cure and Other Cleansing Diets", by Christopher Vasey, and soon my fridge became

### **Christopher vasey (author of the acid-alkaline**

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