

## Liver Detox Diet

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Many detox plans will promise you massive weight loss in as little as 10 days. Do really think that by starving yourself this is going to be an effective long term solution to a healthy body and a Liver Detox Diet. It is a well known fact that those who lose weight by the "little and often" method in general are those who keep the weight off long term. Start a regular bi-weekly 2 Day Detox Diet and not only will you feel energized but you will lose weight!

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