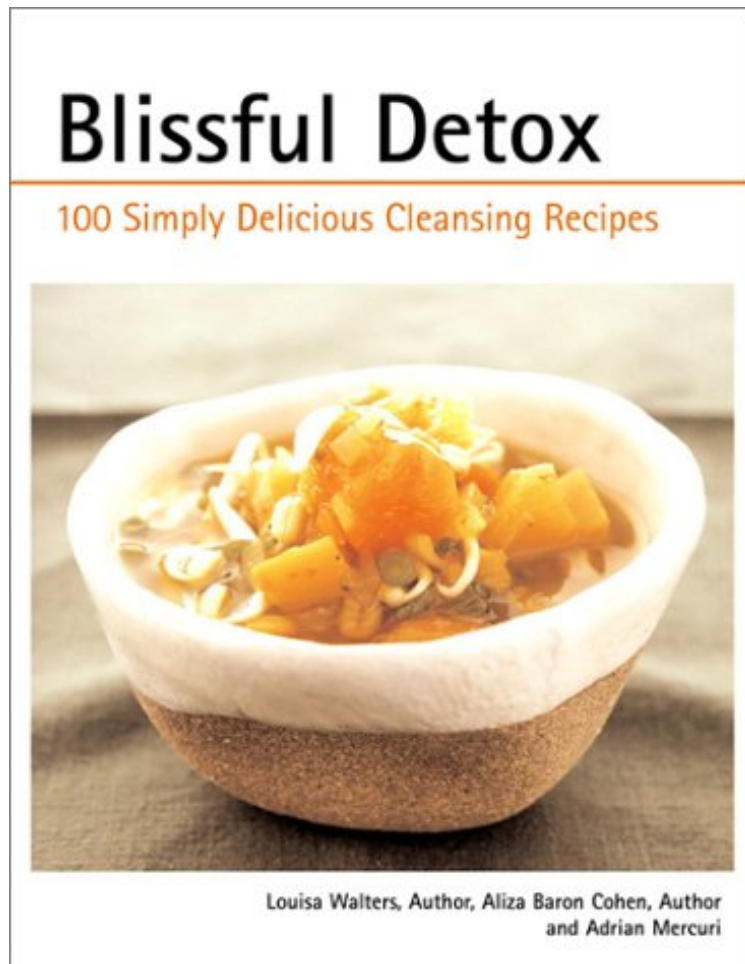


## Blissful Detox

*Louisa J. Walters, Adrian Mercuri, Aliza Baron Cohen*  
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**Louisa J. Walters, Adrian Mercuri, Aliza Baron Cohen : Blissful Detox** before purchasing it in order to gage whether or not it would be worth my time, and all praised Blissful Detox:

Detox doesn't have to mean deprivation; it can be delicious. Once cooks and the health-conscious complete a simple questionnaire to determine their body's thermal nature (hot, cold, or neutral), the work of cooking and eating to dispel toxins and restore balance can begin. Delicious recipes are grouped by the thermal nature of the food and arranged by course to make menu-building a breeze. More than 100 culinary creations are simple yet so tasty, cooks and detoxers won't know they're behaving.