



Optimal Health for a Vibrant Life: A 30-Day Program to Detoxify and Replenish Body and Mind

Tiffany Cruikshank L.Ac

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Optimal Health for a Vibrant Life is a 30-day guide to optimize your health with nutrition, herbs, myofascial release, yoga and simple home remedies. This book will lead you through a step-by-step program to cleanse your body of impurities and toxins and to create simple, long-term changes that will produce results for years to come.

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