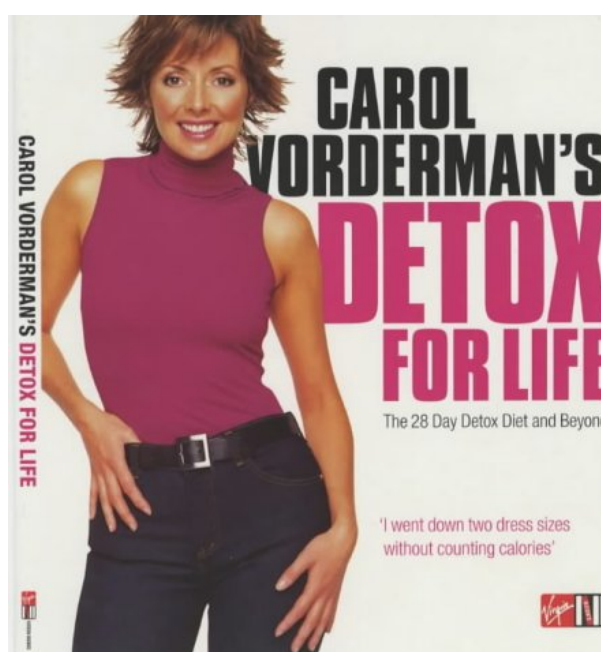
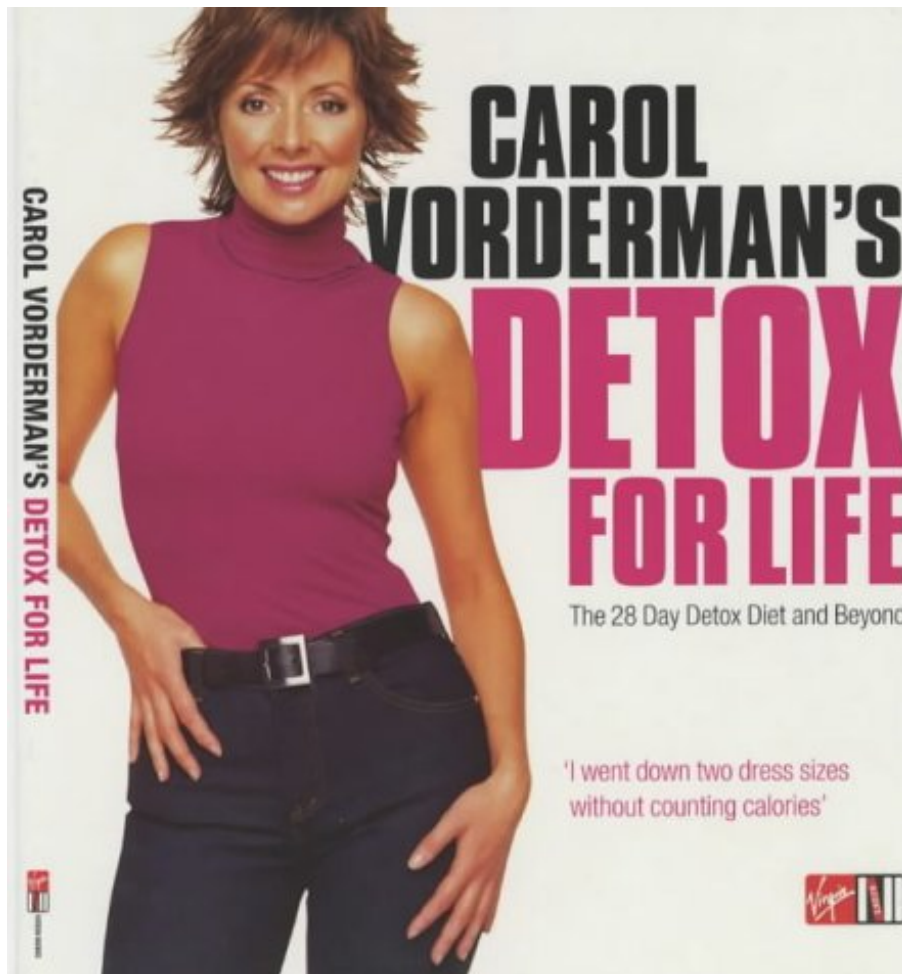


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"If you need evidence that the 28-day detox diet works, then you need look no further than Carol herself" Daily Express "The book is well-written and easy to read, with lots of practical advice and useful tips" Health and Fitness "It's packed with menu plans, recipes, advice and guidelines" OK! "Carol has undergone a remarkable transformation from brighteyed and enthusiastic number-cruncher to tabloid glamourpuss. She has dropped two dress sizes after losing two stone on a special 28-day cleansing diet" Hello! "Turn healthy eating into a way of life" Slimming

## About the Author

Carol Vorderman, MBE, came to fame as the maths brainbox from the cult television show Countdown. She has recently presented the peak-time programmes Stars In Their Lives, Find A Fortune and Better Homes. In an ITV poll, 70 per cent of viewers voted Carol as their favourite television presenter. Ko Chohan is Director of Studies at the College of Naturopathic and Complimentary Medicine and an acknowledged expert on the relationship between the toxicity of everyday life in the Western world and our health and well-being.

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In this volume, Carol Vordeman develops the plan which has helped thousands of women lose weight, gain energy and feel better about themselves, no matter how stressful their lives might be. Offering a variety of daily menus and recipes, Carol and Ko Chohan show how to make their detox health and dietary principles a staple part of everyone's daily life, building on the effects of the "28-Day Diet" into an attainable, worthwhile and healthy lifestyle.

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- Published on: 2001-12-13
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- Dimensions: 9.25" h x .43" w x 8.27" l, 1.54 pounds
- Binding: Paperback
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Great Detox book

By Scoochy

I have done detoxes all my life and this is the easiest one to stick to and definitely get results!

It has really changed my view on food and I don't even crave chocolate and I used to be one chocaholic!

Thanks for helping me change my life Carol.

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Just okay!

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Detox For Life

By Christine Baldwin

This was a great book. I found the plan easy to follow since there was no measuring portions. I could eat until I was full. Even though I don't spend all of my life on this plan, I still use some of the recipes just because they taste so good!

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