



The New Detox Diet: The Complete Guide for Lifelong Vitality With Recipes, Menus, and Detox Plans

By Elson Haas, Daniella Chace

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Dr. Elson Haas has helped thousands recover from chemical dependency through what he calls the missing link in the American diet: detoxification. His tried-and-true program set forth in THE DETOX DIET shows how to cleanse your body of sugar, nicotine, alcohol, caffeine, and other harmful toxins for improved health, energy, and well-being. For those who have experienced the diet's benefits and would like to make detoxification a lifestyle choice, THE NEW DETOX DIET presents a comprehensive plan for lifelong vitality. Dr. Haas has teamed up with nutritionist Daniella Chace to provide 50 all-new recipes and menu plans to nourish your body and help you detoxify with minimal side effects. THE NEW DETOX DIET includes tasty, nutritious recipes like Baked Apples, Smoked Wild Salmon Salad, and Mango Salsa. Dr. Haas and Ms. Chace also share case studies and personal stories of triumph over toxic substances. Even after years of a damaging lifestyle or bad eating habits, you can break the cycle of addiction and achieve greater vitality and improved overall well-being. An expanded edition of the best-selling THE DETOX DIET, featuring 50 new recipes and menu plans not available in previous editions, written for those who would like to make detoxification a lifestyle choice. Each chapter ends with a summary of the most important rules for detoxification from each substance. THE DETOX DIET has sold more than 100,000 copies.

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By Elson Haas, Daniella Chace Bibliography

- Sales Rank: #1023153 in Books
- Published on: 2004-09-01
- Released on: 2004-09-01
- Original language: English
- Number of items: 1
- Dimensions: 9.10" h x .69" w x 7.34" l, 1.00 pounds
- Binding: Paperback
- 264 pages



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Editorial Review

Review

"THE NEW DETOX DIET represents the next wave in health and healing-a must for everybody. Detoxification is the missing link for overall well-being, weight loss, and especially immune system health."-Ann Louise Gittleman, author of the New York Times best-seller The Fat Flush Plan

From the Publisher

- * An expanded edition of the best-selling THE DETOX DIET, featuring 50 new recipes and menu plans not available in previous editions, written for those who would like to make detoxification a lifestyle choice.
- * Each chapter ends with a summary of the most important rules for detoxification from each substance.
- * THE DETOX DIET has sold more than 100,000 copies.

About the Author

For the past 25 years, DR. ELSON HAAS, aka the Detox Doc®, has been devoted to healing through detoxification and cleansing. He has seen thousands of patients transform their health at his Preventive Medical Center of Marin, and integrated health facility in San Rafael, California.

DANIELLA CHACE, M.S., C.N., is a nutritionist and author of several books on healthy eating. She lives in Boise, Idaho.

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