



# **The Daniel Detox: 21 Days to Revitalize Your Body and Spirit**

*Don Colbert*

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*The Daniel Detox* is a timeless resource for use every season. It provides a twenty-one-day complete meal plan for cleansing the body of harmful toxins that is designed to restore you to health—mind, body, and spirit. This book's versatility includes a partial cleanse over a three-week period to provide liver support against the effects of toxins, a one-week juice fast, or the total twenty-one-day protocol to both support the liver and detoxify the body.

Colbert's cutting-edge exposition on the spiritual and physical benefits of biblical fasting make this book unique. There are specific recommendations for how to heal some of the plaguing illnesses many of us suffer from such as:

- Type 2 diabetes
- Coronary disease
- Benign tumors
- Crohn's disease and ulcerative colitis
- Autoimmune diseases
- Allergies and asthma
- Psoriasis and eczema
- Hypertension

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