



# **Health Box Set: Simple & Tasty Tips on How to Heal Your Body and Gain More Energy (recipes for health, natural remedies, detox,)**

*Julia Jackson, Virginia Bailey, Rebecca Foster, Tina Fisher, Maria Garcia*

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## **BOOK #1: Detox: The Best Guide To Cleanse and Detox Your Body and Feel Energized in less than 7 Days**

Removing the toxins from the inner body, also makes the outer body feel good too. This guide will take you through a week of detoxing your body, providing you with nutritional recipes and suggestions. We will show you how to identify the bad things for your body, and what you should be replacing them with.

## **BOOK #2: Detox: Juicy Cleanse Recipes to Detox Your Body and Gain More Energy**

Once you begin indulging in these healthy practices, one is sure to reduce the chances of developing the various lifestyle diseases that are fast developing in this time and age. The nutritional value possessed by the fruits will be able to fight against the disease causing organisms.

## **BOOK #3: Coconut Oil: 20 Useful Tips on How to Use Coconut Oil to Lose Weight and Make Your Skin Look Natural**

This is not just another book on coconut, this is the essential book, if you want to make the most of this amazing product. Everything you need to know is in the following chapters. We explain all the benefits of coconut oil, condensed down into 20 important and valid reasons why you should be using coconut oil. What better way to treat your body than by using a natural product with healing property.

## **BOOK #4: Baking Soda: 23 Amazing Baking Soda Secrets to Improve Your Health**

You probably know that baking soda is good for baking and that it can remove that funky smell from your fridge. In this book you are going to discover that the white powder you know as baking soda is so much more. You will learn twenty-three different ways baking soda can improve your health and keep you healthy. You will also discover that baking soda can save you money while keeping you healthy and well.

## **BOOK #5: Herbal Antibiotics: Verified Natural Antibiotics Made from Herbs That Will Improve Your Health**

Even if a serious health problem always requires the advice and suggestions of your physician, herbal antibiotics can be useful for many conditions and you will discover many of their preventive and healing properties throughout this book. You will also find some suggestions about the multiple ways in which herbal antibiotics can be consumed.

## **BOOK #6: DIY Protein Bars: Simple & Tasty Homemade Protein Bar Recipes for Weight Loss, and Build Muscles to Replace a Properly Balanced Meal**

In this book you will learn about healthy ingredients that are packed with protein. You will also get an extensive list of recipes and recipe variations so that you can make several flavors and types of protein, granola and energy bars that will make your mouth water.

## **BOOK #7: Benefits of Honey: 38 Unbelievable Undisclosed Profits, Benefits, Healing Methods and Other Useful Points with Honey**

Benefits of Honey will do exactly what the title suggests as well - it will tell you the great many benefits of honey to the human body, both inside and out. It's a delicious, liquid gold and rightfully named as you will learn shortly. Benefits of Honey is a breakthrough book, combining all the beneficial aspects of honey in one place.

## **Getting Your FREE Bonus**

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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**Detra Satterwhite:**

Have you spare time for just a day? What do you do when you have more or little spare time? Yes, you can choose the suitable activity to get spend your time. Any person spent their particular spare time to take a stroll, shopping, or went to the actual Mall. How about open or even read a book entitled Health Box Set: Simple & Tasty Tips on How to Heal Your Body and Gain More Energy (recipes for health, natural remedies, detox,)? Maybe it is to be best activity for you. You know beside you can spend your time with your favorite's book, you can wiser than before. Do you agree with it has the opinion or you have various other opinion?

**Eleanor Yoo:**

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**Beatrice Rogers:**

A lot of people always spent their own free time to vacation or perhaps go to the outside with them loved ones or their friend. Did you know? Many a lot of people spent many people free time just watching TV, or even playing video games all day long. If you wish to try to find a new activity here is look different you can read some sort of book. It is really fun for yourself. If you enjoy the book that you simply read you can spent all day every day to reading a e-book. The book Health Box Set: Simple & Tasty Tips on How to Heal Your Body and Gain More Energy (recipes for health, natural remedies, detox,) it is quite good to read. There are a lot of people who recommended this book. They were enjoying reading this book. When you did not have enough space bringing this book you can buy often the e-book. You can m0ore very easily to read this book from the smart phone. The price is not very costly but this book offers high quality.

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