

FOR IMMEDIATE RELEASE

Fed up with fad diets and dangerous detoxes? Healthy Healing's Detoxification shows you how to lose weight and rid your body of toxins, safely and naturally!

Monterey, CA; July 15th, 2008:

More than 25,000 new toxins enter our environment each year. *Detoxification is becoming a necessary commitment for health in the modern world, However, many fad diets and detox products on the market today are overly harsh and create more health problems by depleting the body of essential nutrients. Clearly, Americans need safe detox options that restore the body to good health without these risks and side effects.*

In Detoxification, world renowned naturopath and best selling author, Dr. Linda Page shares her extensive experience on detoxification and shows you how to cleanse safely and naturally for the best results. *With over thirty years of experience in the health field, Dr. Page details critical information on how to cleanse the healthy way and the types of cleanses to avoid. She shows you: what you can expect when you cleanse; what a good cleanse really does; and how to direct a cleanse to the body systems that need the most support. Includes step-by-step detox programs for health concerns like arthritis, allergies/asthma, candida, GERD, infertility, weight loss and much more!*

Brief Table of Contents

1. Do You Need To Detox?
2. How Detoxification Can Go Wrong
3. Body Cleanses for Everyone
4. Detoxing your Body: Which Body system Do You Need to Cleanse?
5. Healthy Healing Detox Programs for Specific Health Problems
6. Green Cuisine Cleansing & Detox Recipes
7. Bodywork for Detoxification
8. Natural Health Study Guide

Quotes:

"Another Dr. Linda Page health winner you can trust! Very few people can match her years of experience and expertise." Patricia Bragg, N.D., Ph.D., health pioneer and author of Bragg Vegetarian Health Recipes.

"Healthy Healing's Detoxification highlights the critical importance of body cleansing in today's world. However, detoxification should not be undertaken haphazardly. Dr. Linda Page, America's foremost expert on natural health, offers safe body cleansing choices for anyone who is interested in living a healthier life." Ellen Tart-Jensen, Ph.D., D.Sc., author of Health is Your Birthright: How to Create the Health You Deserve.

Before embarking on another fad diet, try a healthy detox program in Healthy Healing's Detoxification
It sells for \$21. 95, and can be found in bookstores and fine health food stores. For more information about Dr. Linda Page, Healthy Healing Publications and Crystal Star whole herb dietary supplements, go to www.healthyhealing.com

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Linda Page's career in natural health spans almost three decades. Her bestselling book Healthy Healing, A Guide to Self-Healing for Everyone is used as a textbook at higher educational institutions. Dr. Page published the first edition of Healthy Healing in 1985, and has been publishing books, articles, newsletters, online information and television and radio content ever since. In addition to writing and teaching Dr. Page is the formulator and founder of Crystal Star whole herb dietary supplements. Linda holds degrees in Naturopathy and Holistic Nutrition from Clayton College of Natural Health.

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