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THE DETOX DIET



Ebury Press, 2017. Soft cover. Condition: New. 272pp. Shonali Sabherwal is a celebrity nutritionist who specializes in improving immunity, removing toxins, managing weight, reversing leaky-gut syndrome and other autoimmune ailments by first altering the biodiversity of the gut. In her new book *The Detox Diet*, she sheds light on how the root of everything connected to our health lies in the inner ecosystem. She helps unravel the secrets of weight loss, anti-ageing, beauty and autoimmune diseases and teaches us how...

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- Authored by Shonali Sabherwal
- Released at 2017



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