



The Body Restoration Plan

Dr Paula Baillie-Hamilton

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Toxic chemicals damage the metabolic and appetite-regulating mechanisms of the body's natural Slimming System, a vast network of important body functions that maintain and control proper weight. In this groundbreaking book, Dr. Paula Baillie-Hamilton shows how to identify, avoid, and manage the negative effects of what she calls Chemical Calories with: * detailed food guides enumerating the levels of Chemical Calories in common foods;* helpful tips on how to rid the home of dangerous toxins;* detoxifying menu plans and recipes; and* natural supplement programs to restore and energize the body's Slimming System.

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