



The Kosmik Kare Detox Manual: A Journey To Self-Healing

Dr. Kanika Jamila

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A book that tells an autobiographical depiction of Kanika Jamila Ward's self-healing journey. Kanika won her bout with Candida, an over infestation of yeast in the body, and tells how she overcame year round allergies, hormonal imbalance, chronic sinusitis and bronchial asthma. This book shows how discipline and self-awareness is attained when one becomes in tune with their body. Over 50 recipes for whole food meals, smoothies, and fresh vegetable juicing are included along with several tips on how to decipher the meaning of chemistry formulas shown on food labels to distinguish safe and unsafe food ingredients. This is a must have for anyone seeking a weight management tool and path to wellness. Full body detoxification is explained and recommendations give a full blueprint of holistic lifestyle change and self-healing.

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