



Renew Your Life

Brenda Watson

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Renew Your Life Brenda Watson

Are you ready to have a clear mind and clear body? Are you ready to have more energy and to be more alert than you have ever been? Are you ready to lead the life you were meant to live? Are you ready to "Renew Your Health" and "Renew Your Life?" In this book Brenda Watson, C.T. will help you achieve the vibrant health and energetic life you deserve. We live in a world of toxic air, polluted water and pesticide filled food.

This book will give you the information you need to help you:

- Detoxify your body and your organ systems
- Improve your selection and digestion of foods
- Improve your energy level
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