



Dr. Christopher's: 3-Day Cleansing Program, Mucusless Diet and Herbal Combinations

Dr. John R. Christopher

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Learn the safest program for detoxification through simple juice cleansing and revitalization by nourishing the body with live foods found in the "mucusless diet". Also contained are 63 of Dr. Christopher's famous herbal combinations with descriptions of their components, uses and benefits.

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