



Diatomaceous Earth Weight Loss and Detox Diet: Diatomaceous Earth for Natural, Healthy and Effective Weight Loss and Cleanse Diet Alternatives

Guy Richards

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Diatomaceous Earth Weight Loss and Detox Diet

Diatomaceous Earth, or DE as it is often called, is a wondrous product whose dietary potential is only just beginning to be realized. While it has been used for some time in health and beauty products, its importance as a detox and weight loss tool have only recently been studied and its impact has been phenomenal! Although there is no substitute for a healthy diet, adding this incredible product to your diet in proper doses can be the push-button miracle you need to drive your diet out of the park! It can help strengthen hair and nails. It can help build stronger teeth. It can help to restore youthful energy! And why you're probably reading about this book; it can help to promote weight loss and body detoxification!

Diatoms, the building blocks of Diatomaceous Earth, are microscopic shells of fossilized freshwater phytoplankton. The soluble silica that makes up these tiny shells is dug in quarries and ground into a fine powder resembling flour. This wonderful product is used for many things, from ingredients in toothpaste to harmless insect repellent and even in weight loss and detox diets. The microscopic silica shells, which are harmless to our digestive tract, not only clean our bodies of toxins but also provide us with large amounts of silica; a building block that is becoming scarce in our nutrient-depleted foods. After reading this Ebook, you will have a new understanding of how important this product may be to the human race as a whole!

Choosing the right weight loss book is as important as the content inside. Feel free to read the free sample and decide if this is the book for you before you delve into the powerful effects of Diatomaceous Earth!

*At the end of the book you will also have the opportunity to download a free Ebook report which will provide you with 10 additional methods of powerful weight loss tricks that will help you lose weight faster on any diet!

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