


# Dr. Jensen's Guide to Diet and Detoxification

*By Bernard Jensen*

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**Dr. Jensen's Guide to Diet and Detoxification** By Bernard Jensen

Throughout his many years of research, Dr. Bernard Jensen had gleaned new and better ways to help people maintain lifelong optimum health. In this update of one of his classic works, Dr. Jensen shows how you can avoid such chronic conditions as ulcers, headaches, cataracts, and muscle disorders by applying proper food principles. Featuring his eleven-day elimination regimen- with a diet consisting of primarily liquids, fruits, and vegetables- he explains how you can work toward a fully nourishing, toxin-free existence. This book also provides a comprehensive balanced meal plan with suggested menus and a list of recommended supplements. Let Dr. Jensen be your guide to reversing the accumulation of toxic materials in your body and to leading a healthier life.

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## Editorial Review

About the Author

**Bernard Jensen, D.C., Ph.D.**, is a true legend in the field of natural health. He has helped millions achieve a better quality of life in body, mind, and spirit. Dr. Jensen has long been known as the father of holistic health and modern nutrition. He has lectured in more than two dozen countries, and counseled or taught more than 350,000 patients.

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