



# 3 Day Cleansing Program: Mucusless Diet & Herbal Combinations

*Dr. John R. Christopher*

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## **3 Day Cleansing Program: Mucusless Diet & Herbal Combinations** Dr. John R. Christopher

Learn the safest program for detoxification through simple juice cleansing revitalization by nourishing the body with live foods found in the “mucusless diet.” Understand how to bless body and mind with vitality, strength and immunity. Also contained are 63 of Dr. Christopher’s famous herbal combinations with descriptions of their components, uses and benefits.

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