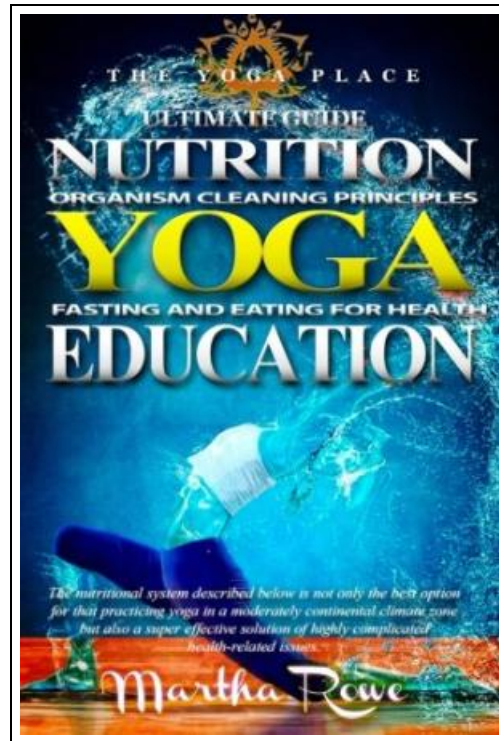


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Without Following the Right Diet, the Cleansing Procedures as Such Will Be of Cosmetic Nature Only and Will Make No Particular Sense! Today only, get this Paperback version book for just \$16.99. Regularly priced at \$23.99. By the time a person develops their motivation to start yoga, they are usually half-dead in a sense. Our body impaired by the accumulated waste products (we all know what the fried food is since the age of children, don't we?), affected by diseases and the environmental ecology has been piled with quite many collapses in the structure of cells, organs, and tissues. One may add to this the starting initial level of energy and its quality, with which we came into this world. Most are parents knew of the excellent life fundamentals as much as everybody else, i.e., absolutely nothing, and lived their lives and conceived their babies any old how. Therefore, the condition of most of us, far back at the moment of birth, already left much to be desired. When a person of such state starts to do yoga ONLY, then the whole effect of this yoga will come down to compensation for the developing disorders in our organism. As a result, we do not develop any potential though avoid rapid deterioration, which is not so bad by itself. In fact, the only and most convenient way to radically change this situation is to modify your diet. We cannot significantly improve the quality of air that we breathe, but we are quite capable of turning things that build up our bodies -food that we eat. It is commonly believed that the molecular structure of our bodies gets wholly renewed every 7...



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