



## THE BODY/MIND PURIFICATION PROGRAM : How to be Healthy in a Polluted World

By Chaitow, Leon; (Dr. Judy Myers, Consulting Editor)

Fireside/Simon & Schuster, New York, NY, 1991. Soft Cover. Book Condition: New. Dust Jacket Condition: None as Issued. First Edition, First Printing. BRAND NEW Copy. A holistic guide to cleansing the body and mind from British, practicing naturopath, osteopath, and acupuncturist Leon Chaitow. Text includes diet, breathing and meditation, aerobics and stretching exercises, and massage and water therapies.



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