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# **Health Through Inner Body Cleansing The Famous F X Mayr Intestinal Therapy From Europe**

## **By Erich Rauch**

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***'do detox diets and cleanses really work***

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*May 29th, 2020 - health through inner body cleansing the famous f x mayr intestinal therapy from europe the mayr program developed by the austrian physician dr franz xaver mayr 1875 1965 is an intensive regime lasting several weeks it includes therapeutic fasts to rest the digestive tract and it features a special diet to train proper mastication'*

***'how to detox naturally 10 ways to cleanse your body***

***June 6th, 2020 - cleanse your body naturally with food the best foods for natural detoxification 10 natural ways to support your body s detox system we have bee exposed to an increasing number of chemicals in our food supply the air we breathe and through many mon items we use daily including cosmetics and household cleaner'***

***'natural colon cleanse 7 ways to try at home***

*June 6th, 2020 - a natural colon cleanse may be helpful for your digestive health though whether it will actually detox your colon is debatable we ll share some things you can try at home such as juice'*

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**'11 unexpected ways to free your body from toxins**

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**June 2nd, 2020 - find out the most effective and unexpected ways to get rid of toxins quickly you will be surprised at how much your life will change if you follow these easy secret tips every day of our lives" *divine detox w magazine women s fashion amp celebrity news***

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**'diet and mastication linked to digestion health and beauty**

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