



Health & Fitness

Rejuvenate: A 21-Day Natural Detox Plan for Optimal Health

Helen Silver

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Transformation of the body, mind and soul doesn't come knocking. Thankfully, Helen Silver, founding director of the Inner Beauty Institute in Sausalito, Calif., has produced the ultimate guide to home-based detoxing. Her 18 years of leading wellness programs bring credibility to this title. Plans are organized flexibly for personal schedules; the book's format includes spaces for writing down realistic goals. Participants are encouraged to create a support system and to commit to daily schedules in writing. Perfect adherence to the entire program isn't required to achieve results, but the serious detoxer may want to send Ben and Jerry into exile.

Three one-week phases define the program. Each is well planned and complete with shopping lists (heavy on organic fruits and vegetables), inventories of required supplies and exercise routines. Silver also suggests an external cleansing of bathrooms, kitchens and cupboards (clearing out unusable items, hanging fluffy new towels and dressing up beds with colorful, fresh sheets).

Silver covers all aspects of a detox plan... from baths, herbal preparations and purification aimed at the kidneys, liver and skin—to re-entry into a fuller range of healthy foods. Overflowing with information, this easily digestible guide coaches readers toward inner bliss and outer beauty with solid advice, clear direction and gentle encouragement.

Scott Curtis