

## **Fit 4 Ever: Time for a Detox**

One of the most popular movements in health and wellness today is the concept of “detox.” In fact, this spring, Oprah Winfrey completed her own 21-day detoxification program in an effort to rid her body of accumulated toxins and harmful substances, and in the process, she brought renewed national interest to the idea.

During her 21 days of physical cleansing, she completely avoided all animal products, caffeine, alcohol, bread (and gluten) and refined sugar. At first-glance, this may not seem like that big of a deal. However, the program that Oprah followed was based on a book called Quantum Wellness by author and new age spiritual counselor Kathy Freston.



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