

The Swiss Detox Diet

**How I Dispensed With
Excess Weight**



Detox Your Body - Lose Overweight

Sam Schiffer

Introduction

By using this book, you accept this disclaimer in full.

No advice

The book contains information. The information is not advice and should not be treated as such.

No representations or warranties

To the maximum extent permitted by applicable law and subject to section below, we exclude all representations, warranties, undertakings and guarantees relating to the book.

Without prejudice to the generality of the foregoing paragraph, we do not represent, warrant, undertake or guarantee:

- that the information in the book is correct, accurate, complete or non-misleading.
- that the use of the guidance in the book will lead to any particular outcome or result.

Limitations and exclusions of liability

The limitations and exclusions of liability set out in this section and elsewhere in this disclaimer: are subject to section 6 below; and govern all liabilities arising under the disclaimer or in relation to the book, including liabilities

arising in contract, in tort (including negligence) and for breach of statutory duty.

We will not be liable to you in respect of any losses arising out of any event or events beyond our reasonable control.

We will not be liable to you in respect of any business losses, including without limitation loss of or damage to profits, income, revenue, use, production, anticipated savings, business, contracts, commercial opportunities or goodwill.

We will not be liable to you in respect of any loss or corruption of any data, database or software.

We will not be liable to you in respect of any special, indirect or consequential loss or damage.

Exceptions

Nothing in this disclaimer shall: limit or exclude our liability for death or personal injury resulting from negligence; limit or exclude our liability for fraud or fraudulent misrepresentation; limit any of our liabilities in any way that is not permitted under applicable law; or exclude any of our liabilities that may not be excluded under applicable law.

Severability

If a section of this disclaimer is determined by any court or other competent authority to be unlawful and/or unenforceable, the other sections of this disclaimer continue in effect.

If any unlawful and/or unenforceable section would be lawful or enforceable if part of it were deleted, that part will be

deemed to be deleted, and the rest of the section will continue in effect.

Law and jurisdiction

This disclaimer will be governed by and construed in accordance with Swiss law, and any disputes relating to this disclaimer will be subject to the exclusive jurisdiction of the courts of Switzerland.

Inhaltsverzeichnis

Introduction

1.1 Intestinal Problems

1.1.1 Chronic Diarrhea

1.1.2 Reduced Intake of Nutrients

1.1.3 Autointoxication

1.1.4 Body odour

1.2 Hyperacidity and intestinal health

2. Fitness for the bowel

2.1 The intestinal cleansing

2.1.1 Unicity Paraway Plus

2.1.2 Unicity Lifiber

2.1.3 Unicity Aloe Vera

2.2 Vital Substances and Proteins

3. Weight Loss Happens Naturally

4. The Program That Worked

4.1 Used Products

4.1.1 Morning Dosage

4.1.2 Midday

4.1.3 Evening

4.1.4 During the Day

4.2 Diet Changes

4.2.1 Breakfast

4.2.2 Lunch

4.2.3 Dinner

4.2.4 In between

5. The Imperatives of Bowel Health and Weight Loss

5.1 How Toxins Access to the Human Body

5.2 Harmful Effects of Toxin Build-Up

5.3 The Key Benefits of Bowel Detoxification

5.3.1 It Makes Weight Loss Possible

5.3.2 It Helps to Increase Energy and
Concentration Levels

5.3.3 Good Bowel Health is Good Body Health

6. Why Weight Loss

6.1 High Blood Pressure

6.2 Stroke

6.3 Heart Disease

6.4 Back Pain

6.5 Type 2 Diabetes

6.6 Cancer

7 How to Know You Require Weight Loss

7.1 Know Your Body Mass Index

7.2 Waist Size

7.3 Belly Fat

8 Natural Detoxification Options and Weight Loss Techniques

8.1 Green Tea

8.2 Ginger

8.3 Garlic

8.4 Avocado

8.5 Cabbage

8.6 Broccoli

9. Some Natural Weight Loss Techniques

9.1 Drinking Water

9.2 Getting Enough Sleep

9.3 Do Some Cardio and Exercise Regularly

9.4 Avoid Processed Foods

9.5 Fasting Has Benefits

Conclusion