



The 9-Day Liver Detox Diet: The Definitive Diet that Delivers Results

Patrick Holford, Fiona McDonald Joyce

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Cleanse Your Liver without Fasting

A healthy liver keeps your bloodstream and other organs clean. But when it's overloaded with toxins from alcohol, caffeine, pesticides, pollution, and artificial sweeteners, the liver can't function properly. In the *9-Day Liver Detox Diet*, nutrition and alternative treatments expert Patrick Holford guides you through his swift, easy-to-implement program for cleansing the liver and improving body function without feeling deprived.

What will a 9-day liver cleanse do for you?

- Boost energy levels
- Improve digestion
- Support healthy skin
- Counteract effects of stress

Holford's safe and effective plan centers on eating foods—such as fish, nuts and seeds, cruciferous vegetables, leafy greens, and more—that superboost your liver's ability to detoxify. Featuring more than 30 tasty liver-supporting recipes formulated by a nutrition specialist plus friendly real-world examples, like the woman who detoxed to get rid of acne in time for her wedding day, this targeted regimen will bring health and balance to your body without fasting and without disrupting your normal routine.

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