

Dr. Akilah's
7 Day
Detox Program

Recipe Book



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Dear Body,

I'm sorry I've treated you this way, feeding you the wrong foods and not taking care of you. I promise to do better and get you back to a healthy state of wellbeing. I will start by doing Dr. Akilah's 7 Day Detox Program. This natural method will cleanse out the bad and refeed you with the good. It will be challenging in the beginning but I will see it through to the end because you're worth it. I love you very much!

Me.
Sincerely,

