

the wellness mama *5-Step Lifestyle Detox*

**The Essential DIY Guide to a
Healthier, Cleaner, All-Natural Life**

100+ HOME REMEDIES FOR HEALTH, BEAUTY & CLEANING

KATIE WELLS

creator of *WellnessMama.com*

AUTHOR OF THE WELLNESS MAMA COOKBOOK



Katie Wells

The Wellness Mama 5-Step Lifestyle Detox: The Essential DIY Guide to a Healthier, Cleaner, All-Natural Life



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Katie Wells, writer of The Wellness Mama Cookbook and founder of wellnessmama. or learn to de-tension by adopting healthier sleeping practices and finding time for yourself. tidy up your beauty regime with all-natural moisturizers, cleansers, locks products, and make-up; Katie provides practical ideas for slowly incorporating this rewarding life-style into an already occupied schedule, giving you the option to choose what area of lifestyle you'd like to focus on initial. You can detox the body with entire foods and natural medications;By following her simple detox plan, you'll be able to implement a system for better living simply by reducing toxic publicity, transforming your daily diet, and regaining control over your health. eliminate toxic household products that consist of bleach, ammonia, and acids; The Wellness Mama 5-Step Life style Detox may be the natural answer to matters of home, diet, and motherhood with over 150 homemade versions of essential home and personal items like: -Citrus Clean All-Purpose Cleaner-Unscented Liquid Laundry Detergent-Lavender and Honey Face Wash- Mineral Foundation-Lemon Cinnamon Cough Syrup-Chamomile Calming Balmcom, finally shares the secret of how she manages six children, a firm, and a career without sacrificing a healthy lifestyle with this step-by-step, comprehensive guide to completely clean, natural living. get one of these digital detox for you personally and your family;



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