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Dr. Rauch's book Health Through Inner Body Cleansing provides specific information and instructive support for each stage of this successful therapy. The Mayr Therapy has the following goals: 1) Detoxification of the whole body; 2) Cleansing, rejuvenating and ensuring the good health of the intestines;

Book Review: Health Through Inner Body Cleansing

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Full Body Detox: 9 Ways to Rejuvenate Your Body

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