



# Herbs for Detoxification (Keats Good Herb Guide)

*C.J. Puotinen*

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## **Herbs for Detoxification (Keats Good Herb Guide) C.J. Puotinen**

Everyday we are exposed to thousands of environmental insults, from pesticides to power lines, from formaldehyde in insulation to fake flavourings in food. All these toxins place dangerous stress on the immune system. This text reviews the nutrients and herbs that are most effective in detoxifying the body. They include vitamin C, milk thistle and wheatgrass.

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