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Subject Detox and Energy Secrets of Top Doctors

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Date: Wed, 30 Jul 2014 08:06:39 +0000

Dr. Galland's Newsletter

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 Pill Advised
Newsletter



July 30th, 2014

Detox and Energy Secrets of Top Doctors

 NT Factor Energy
Lipids

 **Dr Woodson
Merrell's Detox
Prescription**

**Dr. Woodson Merrell's Detox
Prescription**

Why Detox? Integrated
Medicine leader and author
Dr. Woodson Merrell shows
how Detox can help speed
weight loss, fight diabetes,
and help you breathe better.
[Click to learn how](#)

 **Supplements
to Boost Energy
and Restore
Mitochondrial
Function**

**Supplements to Boost Energy
and Restore Mitochondrial
Function**

Most of your body's energy
comes from small
generators in the cells called
Mitochondria. Professor
Emeritus Garth Nicolson
reveals the supplements
that help boost your energy.
[Discover the keys to energy](#)

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 **Dr. Deanna
Minich's 5 Steps
to Detox**

**Dr. Deanna Minich's 5 Steps
to Detox**

How to "come clean" in the dirty world we live in? Here are 5 categories of toxicity listed by Dr. Deanna Minich together with easy tips to get started. [Step into Detox now](#)

 **Harvard
Study: More
Coffee Cuts
Diabetes Risk**

**Harvard Study: More Coffee
Cuts Diabetes Risk**

A new study from Harvard found that if you drink more coffee a day in four years, you may have a lower risk for type 2 diabetes. [Get a fresh cup of coffee benefits](#)

 **Dr. Hyman's
How to Does
Your Food
Cause FLC
Syndrome?**

**Does Your Food Cause FLC
Syndrome?**

FLC Syndrome is when you Feel Like Crap, says New York Times Bestselling Author Dr. Mark Hyman. It causes weight gain and resistance to weight loss. [Feel better now](#)



Metabolic Detoxification

Functional Medicine pioneer Dr. Jeffrey Bland explains how a safe metabolic detoxification program can help improve chronic disease and overall health. [Improve your health](#)



Junk Food Diet Makes One Fat and Lazy

A new UCLA study shows that a junk food diet makes one fat, and being overweight makes people tired and sedentary — not the other way around. [Read the full article](#)

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Best Health,
Jonathan Galland
Co-Founder and CEO

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