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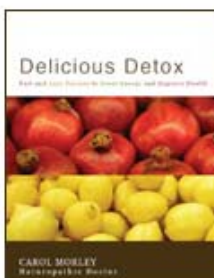
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Massage Therapy

Naturopathic Doctor introduces Delicious Detox

April 26, Mississauga, ON - Naturopathic doctor Carol Morley has released *Delicious Detox*, a unique new cookbook that will give health-conscious cooks the recipes and information they need to prepare delicious, healthy meals.

Morley, owner of Mississauga clinic Zawada Health, believes a three-week detox is a great way to clean the body of toxins and allergens. A detox involves the elimination of some foods, including caffeine, alcohol, wheat, dairy and sugar and eating healthier, more natural options.



"A detox is a great way to clean your body and clear your mind. This new book will give you everything you need to prepare healthy, tasty foods during a detox," said Morley.

The book's recipes have been developed by Morley in her family's own kitchen and tried by many of her clinic's patients.

"Whenever I recommend a detox to a patient or friend, I'm always asked the same question: 'what can I eat?' This new cookbook answers that question, and gives step-by-step instructions to cooking vegetables, chicken and fish in a detox friendly way," added Morley.

Clinically, post-detox, patients typically report:

- boost in energy,
- decrease in pain
- improved digestion
- identification of food sensitivities
- increased focus and concentration

"A detox is a lot like spring cleaning for your body," concludes Morley. "You know it's good for you, but you never want to get started. With this new cookbook, I'm empowering people to clean their bodies and eat great food - it's a wonderful combination."

Delicious Detox is published by Otterville Press, and is available online at www.zawadahealth.com

For more information, or to speak with Carol Morley, please call 905-804-1752.

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