



BOOK REVIEW:
DR JOSHI'S HOLISTIC DETOX
Dr Joshi

This attractive, colourful book is delicious to look at, touch and read and contains mouth-watering detox dishes. Detox is not a word or concept that most people enter into with glee but Dr Joshi has devised a 21-day holistic detox programme suggesting detox foods, detox liquids, maintenance programmes and recipes. Who would have thought that chicken curry could be a part of your detox! According to Dr Joshi detox is not about “giving up foods and sacrificing the good things in life” but rather “getting rid of bad eating habits”.

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