



The 30-Day Faith Detox: Renew Your Mind, Cleanse Your Body, Heal Your Spirit

By Laura Harris Smith

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The 30-Day Faith Detox: Renew Your Mind, Cleanse Your Body, Heal Your Spirit By Laura Harris Smith

A Reset Button for Your Body, Mind, and Spirit

In our fallen world, invisible toxins like doubt, disappointment, and discouragement can contaminate even the strongest of faiths, leaving behind symptoms that affect our entire being--body, mind, and spirit.

Using a one-month detox structure, spiritual wellness expert and certified nutritional counselor Laura Harris Smith uncovers 30 universal faith-toxins that affect us all. Each day you will discover Scripture, prayers, and faith declarations to cleanse yourself spiritually and emotionally with truth and a biblical perspective. In addition, she includes a simple, corresponding nutritional cleanse using detoxifying foods from your own kitchen.

Prayer by prayer, thought by thought, day by day, refresh and refuel your faith and bring healing to the whole temple--spirit, mind, and body.

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Editorial Review

Review

The 30-Day Faith Detox: Renew Your Mind, Cleanse Your Body, Heal Your Spirit

"Smith (*Seeing the Voice of God*) aims to help the reader renew lost Christian faith by putting "doubt on a diet" through a month-long regimented cleansing and meditation program with a daily three-prong approach: Scripture-based discussions of the troubling challenges in our daily lives that can erode faith, partnered with specific prayer suggestions directed at finding hope and comfort in the midst of difficult emotions, and a juice fast focusing on detoxifying each of the major systems of the body over two days by choosing different colors of fruits and vegetables. She includes five categories of possible "faith toxins," which she explores for six days each: social influence, finance, health, relationships, and purpose and identity. Smith's nutritional credentials are minimal, but her recipes are simple and easy to follow, and she has an original approach to tough topics; her warm sincerity as a spiritual guide comes through in her writing. This is a highly guided renewal program that addresses mind, body, and spirit."

-Publishers Weekly

From the Author

Hi all! I'm **Laura Harris Smith**, author of ***The 30-Day Faith Detox*** and I wanted to let you know that while there are plenty of great detox books on the market right now, I've worked hard to jam-pack extra daily online help into mine because you need more than paper and ink to help you with a life transformation! So, to give you an extra winning advantage, I've included a link on the final page of the book that directs you to the free 30-Day Faith Detox CHALLENGE which provides you with:

- 30 daily videos shot right from my own kitchen where I make one of the daily recipes for you and prepare you for that day's devotional from the book.
- a place to sign up for free encouraging emails from me during your 30-day detox
- access to free detox recipe cards from my personal website (there are already 150 recipe combinations within the book itself).
- prayer for you while on your faith detox journey. I want to invest in you... body, mind and spirit.

What other detox book out there helps you body, mind and spirit for a whole transformation, while also providing you daily help and inspiration right from the author's kitchen? Plus encouraging emails from her. Listen, when you buy ***The 30-Day Faith Detox*** book, you know who I am, but when you sign up for the **30-Day Faith Detox CHALLENGE**, I will know who YOU are! As a certified nutritional counselor, author and minister, I can help you body, mind and spirit. It's what I do. Are you ready to invest 30 days into your spiritual, emotional and physical health? Let's get going! The 30-Day Faith Detox is a reset button for your body, mind and spirit!

~laura

LauraHarrisSmith.com

From the Back Cover

A reset button for your body, mind and spirit!

In this new, groundbreaking total-being cleanse, wellness expert and certified nutritional counselor Laura

Harris Smith takes on not only your body but also your mind and spirit.

Day by day, prayer by prayer, you will confront 30 universal faith toxins like doubt, discouragement and anger. ***And flush them out.***

Each day offers a simple body detox that associates specific body organs with the faith toxins you are flushing out, and by the end of the 30 days, you will have a ***total body detox.***

Using ingredients right from your own kitchen, you'll get delicious recipes for colorful smoothies, juices, soups and entrees. There's even a section for veggie-haters! Make the connection between physical health and spiritual health, and start feeling better physically, mentally and spiritually.

"Excellent read--well written, relevant, compassionate, empowering for anyone looking for physical, mental, emotional and/or spiritual renewal."--**Dr. Jim Sharps**, N.D., H.D., Dr.N.Sc., Ph.D., president and CEO, International Institute of Original Medicine

"Laura has provided the tools for us to apply disciplines in our everyday lives that will help us to be able to live freely and promote health in our body, soul and spirit."-- **Pastor Beni Johnson**, Bethel Church, Redding, California; author, *Healthy and Free*

"With smoothie recipes like 'Brain Boosting Banana Choco Chip Smoothie' and 'The Bright Skin Blend,' Laura is now sure to become the Smoothie Queen!"--**Paul McCulloch**, franchise owner, Smoothie King International

"This is an awesome book because it talks about your body, soul and spirit. This wonderful book will help you obtain wholeness in 30 days."--**Dr. Marilyn Hickey**, president, Marilyn Hickey Ministries

Take the 30-Day Detox Challenge! Get access to daily videos, recipes and more inside!

Users Review

From reader reviews:

Desiree Schwindt:

This The 30-Day Faith Detox: Renew Your Mind, Cleanse Your Body, Heal Your Spirit book is just not ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book is actually information inside this book incredible fresh, you will get info which is getting deeper you read a lot of information you will get. This kind of The 30-Day Faith Detox: Renew Your Mind, Cleanse Your Body, Heal Your Spirit without we recognize teach the one who reading it become critical in imagining and analyzing. Don't be worry The 30-Day Faith Detox: Renew Your Mind, Cleanse Your Body, Heal Your Spirit can bring once you are and not make your case space or bookshelves' turn into full because you can have it in your lovely laptop even phone. This The 30-Day Faith Detox: Renew Your Mind, Cleanse Your Body, Heal Your Spirit having good arrangement in word and also layout, so you will not experience uninterested in reading.

Barbara Morton:

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Della Ferguson:

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Kevin Lewis:

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