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Editor's note: The recipe and introductory text below are from Alex Jamieson's book, The Great American Detox Diet. These keep well when individually wrapped and frozen.

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### **Alex jamieson (author of the great american detox**

Alex Jamieson is the author of The Great American Detox Diet (3.62 avg rating, 206 ratings, 42 reviews, published 2005) Alex Jamieson s Followers (2)

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