



Recommended Short Videos to Watch

Module 5 Detox

- Lecture by Dr Marianne Teitelbaum on Detox
<https://www.youtube.com/watch?v=UDQF-V1ObC4>
- Period in 2 minutes
<https://www.youtube.com/watch?v=WOi2Bwvp6hw>
- FitTuber on 5 Period Mistakes
https://www.youtube.com/watch?v=XCRPbZ_vVb4
- Dr Marianne Teitelbaum on Ditch the Green Smoothies
<https://www.youtube.com/watch?v=Ra5McCaOFc0&t=>
- Dr Marianne Teitelbaum on Colonics
<https://www.youtube.com/watch?v=AyeBgeWJjkw&t=>
- Dr Marianne Teitelbaum on EMF
<https://www.youtube.com/watch?v=eBzNZ6g2bR8&t=>