

CHENOT

DETOX AT HOME

Edible science to promote
healthy aging



Guido Tommasi Editore



CHENOT

Ageing might be inevitable,
but how you age is in your hands.

Chenot Detox at Home is a proactive health
wellness intervention with inventive recipes designed to
be used individually or as a 7-day periodic nutrition plan.

Promote vitality, strengthen resilience, and improve your
health span and quality of life. This is edible science.



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