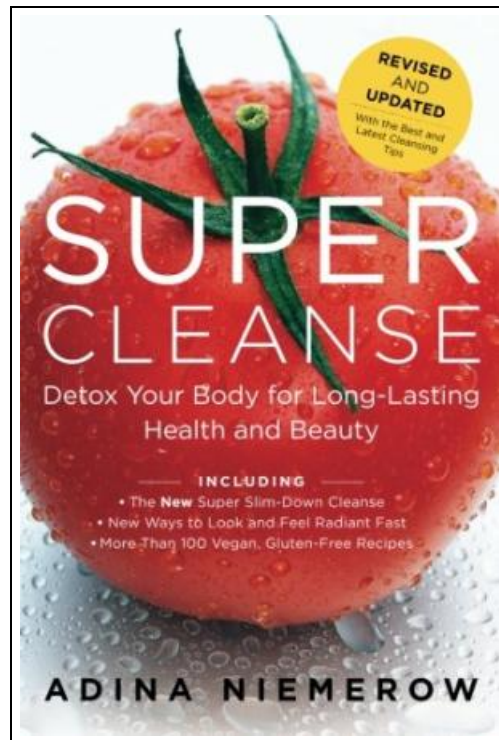


Super Cleanse: Detox Your Body for Long-lasting Health and Beauty



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Reviews

Definitely among the finest pdf I actually have at any time read through. It is one of the most amazing pdf i actually have study. I discovered this ebook from my i and dad recommended this pdf to find out.
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SUPER CLEANSE: DETOX YOUR BODY FOR LONG-LASTING HEALTH AND BEAUTY



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HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, Super Cleanse: Detox Your Body for Long-lasting Health and Beauty, Adina Niemerow, The effects of leading an unhealthy life are all around us: rates of heart and autoimmune diseases are on the rise; 2 out of 3 American adults are overweight; reported levels of depression and anxiety are through the roof; and, chronic fatigue syndrome has now entered our country's lexicon. We feel weighed down and drained, both physically and emotionally. We indulge in alcohol, cigarettes, and comfort food to alleviate our pain, only to find that our feelings of lethargy and emptiness intensify. But as holistic chef and cleanse leader Adina Niemerow demonstrates, we have the ability to reset our body's natural, balanced state by purging ourselves of wasteful diets and toxic lifestyles. In this all-new and completely revised edition of the classic "Super Cleanse", Niemerow offers 11 comprehensive cleanse experiences that show readers more than just how to lose weight or clear up their skin through detox. Designed as a mini retreat for the body and mind, each cleanse provides a complete program, with specifically tailored recipes and exercise/activity suggestions, for targeting a wide range of ailments: Bags under your eyes? Indulge in the 3-Day Face Lift: enzyme-rich gazpacho, homemade beauty treatments, and DIY facials. Feeling heavy and weighed down? The Tazmanian Liver Cleanse will flush out your system with a 3- to 7-day regimen of electrolyte smoothies, nutrient-filled soups and supplements, and energizing breathing exercises. Need a quick pick-me-up? Pamper yourself with the One-Day Wonder, a one-day diet of blended drinks and soups, including super foods and booster food supplements. Looking for a more intense detox experience? Melt away pounds with the Green Buzz, a 3-to-7 day cleanse of four low-glycemic juices and a variety of alkaline veggies....



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