

The Everything Easy Cleanse Book - Cynthia Goodman Lechman

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Weight loss. Revitalized energy. Better sleep habits. Increased immunity to disease. Clearer skin. You've heard about the benefits of cleanses--now you can experience them for yourself! With this book, you can forget fad, crash cleanses that are not right for your goals, or worse, put your health in jeopardy. Inside you will learn the ins and outs of healthy cleansing, including: How cleanses actually work; Different types of cleanses (it's not all lemon juice and pepper!); Which cleanse is right for your lifestyle; Tips to be safe and realistic about cleanses and your results; and Adjusting to eating after your cleanse. Packed with 75 different cleanse recipes and featuring material that eases you into a post-cleanser diet, this book is your complete cleansing guide! Author: Goodman Lechman, Cynthia Publisher: Adams Media Illustration: N Language: ENG Title: The Everything Easy Cleanse Book Pages: 00288 (Encrypted PDF) On Sale: 2011-03-15 SKU-13/ISBN: 9781440525025 Category: Health & Fitness : Alternative Therapies

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