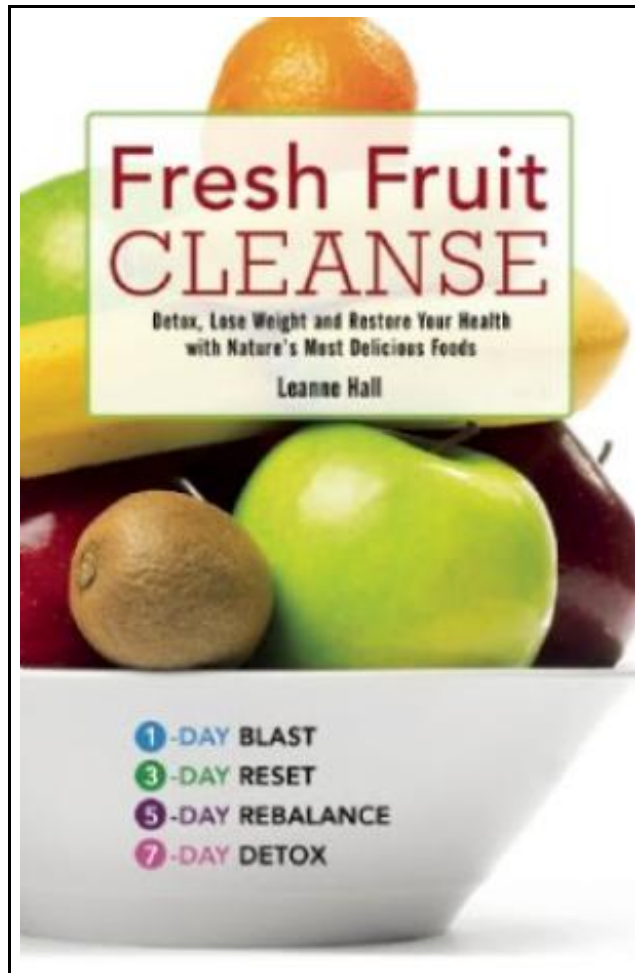


Fresh Fruit Cleanse: Detox, Lose Weight and Restore Your Health with Nature's Most Delicious Foods



Filesize: 2.84 MB

Reviews

An incredibly great book with perfect and lucid answers. Better then never, though i am quite late in start reading this one. You will not sense monotony at whenever you want of the time (that's what catalogues are for relating to if you question me).

(Nannie Lindgren Jr.)

FRESH FRUIT CLEANSE: DETOX, LOSE WEIGHT AND RESTORE YOUR HEALTH WITH NATURE'S MOST DELICIOUS FOODS



Ulysses Press. PAPERBACK. Book Condition: New. 1569759227 Feed My Sheep Books: A Family Ministry, Competing For YHWH Online Since 2001. Support the Assembly Before Buying Big Box-store Books. We Shrink Wrap & Carefully Package Your Order & Quickly Ship It. - Jer. 3:15 - And I shall give you shepherds according to My heart, and they shall feed you with knowledge and understanding. - Easy-to-follow detox programs that maximize natural cleansing while minimizing the "starve oneself" dilemma of other cleanses. Cleansing the body does not have to mean depriving oneself of food or drinking unappetizing concoctions. With the carefully designed cleanses in this book, readers eat mouth-watering fresh fruit and stay energized and nourished while gaining the many benefits of a full-body cleanse, including weight loss, clear skin, and improved health. Avoiding the dietary drawback of starvation, cleanses don't mean sacrificing effectiveness. The programs in this book draw on the natural health benefits of fresh fruit to rejuvenate the body and create a healthy, more slender physique in a matter of days. The author also includes tips on choosing the best seasonal fruit and explains how to prepare fruit "meals" ahead of time so it's easy to fit the cleanse into the busiest of schedules. There is also a chapter on transitioning off the cleanse and into a healthier everyday diet that extends the benefits gained from the fresh fruit cleanse.



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