



1 Week Body Cleanse - Body Detoxification: Great Results Guaranteed - Includes Shopping List and Recipes (World-Class Recipes From Around The World Book 4)

Steven J Smith

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1 Week Body Cleanse - Body Detoxification: World-Class Recipes From Around The World

At first glance, detoxification seems to be intimidating for it hinders you from eating pork and drinking alcohol. But do not worry that you will never get to enjoy the good things in life -- this detox program is just for 7 days. To be guided on the right kinds of food to eat, I have provided a shopping list that will help you prepare your pantry.


Being hydrated is good for your body but being able to choose the right kind of foods that will work with water is even better. There is more than one way to get a healthy colon and supple skin and maintain an active lifestyle -- the 7-day Body Cleanse is just part of an entire regimen.

Enjoy the benefits of a thorough body cleanse such that will not leave you hungry, nauseous, and irritable. The 7-Day Body Cleanse is ideal for people who need a kick start in their preferred diet. It is the best way to start with a clean colon that may prevent life-altering diseases in the near future.

Can't wait to start a natural body cleanse? 1 week of toxin removal that guarantees great results awaits you so go ahead and flip through the pages to know more! I hope you like the recipes!

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