

# Download Cleansing Diet How To Detox Your Body Boost Your Metabolism And Lose 10 Pounds In Just 14 Days

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Cleansing Diet : How To Detox Your Body, Boost Your ...

If you answerd "YES" to some of the above, this cleansing diet book was practicaly writted for you! In this book you will discover how it takes only 14 days to changes the way you feel, look as well as your weight, energy level and health.

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For those of you who want to continue for multiple weeks I recommend you do a full week of the Smoothie/Salad/Meal combo before you go back to a full Detox Diet Week. So if you were to do a full month this it what it would look like: Week #1 Detox Diet Week Guide. Week #2 Detox Smoothie, Big Bowl Salad, One (1) Detox Meal each day for 7 days.

There are simple ways to help the liver, your body's natural filter, do its job. Here are a few cleansing moves you can do on the regular—no juice-fasting or salt-cave-dwelling required.

You likely haven't packed on the pounds if you generally stick to a healthy diet; you're just bloated from all the salty broths. When you consume a lot of sodium the body retains fluids, resulting in a paunchy belly. Luckily, there's a simple solution: Sip some hibiscus tea, at the key times indicated in

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