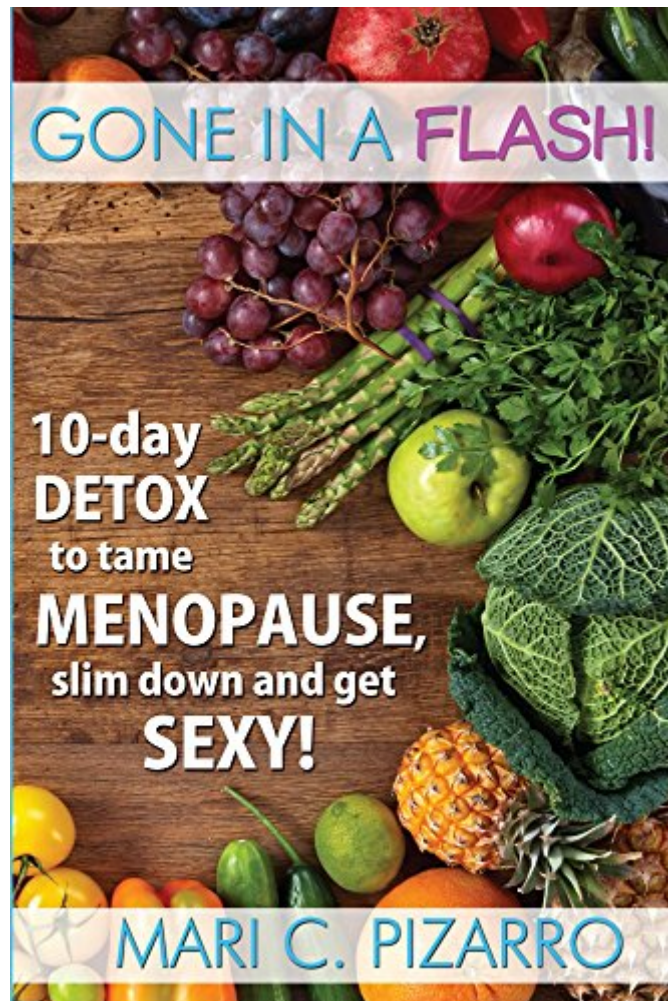


The book was found

Gone In A Flash!: 10-day Detox To Tame Menopause, Slim Down And Get Sexy!



Synopsis

Hot flashes. Weight gain. Mood changes. Insomnia. Sluggishness. Headaches. These are but a few of the symptoms we women feel during the "pause" in our lives as our bodies shift into maturity. But this transition need not be so painful, frustrating, and exhausting. There are simple, straightforward solutions to calming your womanly problems—and they're right here in this book. *Gone in a Flash!* is a must-read for perimenopausal and menopausal women who are ready to take charge of their health and reclaim control over their changing bodies. Written by a passionate health and nutrition coach who triumphed over her own symptoms, it provides an all-encompassing approach to health management that focuses on nourishing the body and soul through detoxification, healthy eating, and healthy habits. There's no calorie counting, no adding up points, and no fake food or costly treatments—just whole foods, natural ingredients, delicious recipes, and simple lifestyle adjustments. Once you start reading *Gone in a Flash!*, you'll notice changes in your physical health, appearance, and attitude toward life in just a few weeks—and by the time you're done with the book, you'll have a better understanding of what it means to be sexy.

Book Information

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Customer Reviews

Not truly impressed by this booklet. A lot of assumptions are made, but it lacks a clear and extensive recipe and menu/mealplan section. I would not define this as a book, just a booklet with some suggestions that could be easily found on the Internet. Disappointing.

So I bought this book when it came out and have followed most of the advice on food choices. Between cutting out processed foods and refined sugars and keeping the proteins away from the carbs I have already lost 3 pounds. The juice routine in the morning is so delicious! Adding all those veggies in the morning make me feel motivated to continue the day the right way. My skin looks a little brighter too.

Even though I am a man, I was still able to gleam some great information from this book about my own eating habits. Detoxing has had an amazing transformation on my life and lifestyle choices. If you have never detoxed before I encourage you to grab a copy of Mari's book and get started right away!

Interesting concept for a book. The idea of a detoxification diet is nothing new, but applying it to menopause as it is in this book is certainly worth considering. The author did a good job laying out her ideas and I think its a worthwhile read, especially at this price!

Mari's approach to improving one's diet has not only helped me immensely, but also the diets of my patients. What I like most is that her solution involves eating REAL FOOD. No meal replacement shakes, no protein powders, no meal replacement bars, just nutrient rich foods that leave you feeling full and energized!

This book is written in a very easy to read format. It walks you thru the detox process step by step. So if I am not in menopause how would this help me? Well, it gives a terrific foundation for anyone to do a detox. There are recipes, weekly meal plan and food pairing guide that makes the process very easy. In my opinion this could be for either men or women. Mari's knowledge extends far beyond the content of this book. If you ever have the pleasure of speaking with her you will know this right away. If you are thinking about buying this book it is well worth the money!

This is a fantastic book for a women who wants to overcome hormonal imbalances and menopause symptoms. Mari delivers this nourishing information in an inspiring, honest, and encouraging way. I appreciate her uncomplicated approach and delivery and I love the focus on whole foods and natural ingredients. She offers many delicious recipes and simple lifestyle adjustments. If you follow her approach you can't help but feel better, integrate this healthier lifestyle and reclaim your sexy self.

Well, my time has come! Thanks to Mari- I have a ton of insight to how I will thrive my way through all the current and upcoming changes. All the lumps, bumps and moods now seem to be more manageable. I am loving the recipes and life style suggestions. I am grateful the author went through this so we could benefit from her experience! xo

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