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SKINNY DETOX - 14 Day Detox Cleanse: Simple And Effective Three-Step Plan For Improved Health And Weight Loss

Skinny Detox

Shed Belly Fat, Lose Weight
and Keep It Off



Synopsis

Do you feel exhausted all the time? Are you trying to lose weight or burn belly fat without much success? If you want increase your energy, lose weight fast and burn belly fat, you need a healthy liver! This simple 3-step liver cleansing diet can dramatically improve the health of your liver and help you eliminate fattening toxins so you can have more energy and finally lose that stubborn weight and belly fat! The Skinny Detox diet is a remarkably simple and effective three-step plan for improved health and weight loss designed to help you: Eat foods that enhance your liver's natural detoxification process Lose weight fast and burn belly fat without counting calories or carbs Stop your sugar addiction Improve your focus, clarity, and energy Improve your digestion This detox plan will have you eating nutrient packed superfoods and drinking raw food juices and smoothies that help your liver cleanse and remove toxins and fats from your body naturally. Includes a detailed meal plan and more than 20 healthy and delicious recipes (including green smoothie recipes and juicing recipes). Remember, you can enjoy this book instantly on your Kindle, iPhone, iPad, Kindle Cloud, Kindle for PC, Android Phone and more!

Book Information

File Size: 724 KB

Print Length: 84 pages

Publication Date: May 27, 2013

Sold by: Â Digital Services LLC

Language: English

ASIN: B00D1YQA74

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #461,987 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #96

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Nutrition > Macrobiotics #130

inÂ Books > Health, Fitness & Dieting > Nutrition > Macrobiotics #756 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses

Customer Reviews

This is good book, gets to the point simple to follow, finally receipts that contain ingredients I either

have or can easily find at my organic market, also the day to day breakfast, lunch and dinner guide is just what I needed to get started. I am using the ouri's juice cleanse to jump start my healthy lifestyle change. Great Book a good book to have if new or restarting a juice, healthy eating weight loss plan.

Its true that toxins make us fat. I really liked this book because it helped me understand how in a straightforward way and it got me wanting to do a cleanse for sure. This is NOT one of those whacky overnight flushes, this prigram seems healthy and doable and Im excited to try it.

Finally someone who actually knows what they are talking about. Not a fad but a true list of things that can help lead to successful weight loss through a healthy liver.

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