



Slim & Sexy In Seven: A Healthy, Whole Foods 7-Day Cleanse

Joy Perugini

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We all love the idea of having a “clean” body, boosting our metabolism and getting a fresh start, but let’s be honest here, most commercial cleanses tout an unhealthy formula of starvation tactics along with some foul-tasting powder or potion, and literally guide us to DRINK our meals, opposed to eating them (no thank you)! Lucky for us, there is a safe and healthy way to cleanse!

This book will guide you through a safe and effective detoxifying program where you can actually eat real food (go figure), hydrate that beautiful bod of yours (opposed to the dehydrating effects of most other cleanses), flush toxins from the body, rev up your metabolism and yes, even drop weight! Your body has the power to detox all on its own (that’s why you have a digestive system, liver, and kidneys). We’re just going to get it primed and ready to do so without using any expensive, crazy concoctions. In fact, everything needed is most likely already in your kitchen!

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Your reading 6th sense will not betray an individual, why because this Slim & Sexy In Seven: A Healthy, Whole Foods 7-Day Cleanse guide written by well-known writer who really knows well how to make book which can be understand by anyone who all read the book. Written within good manner for you, still dripping wet every ideas and producing skill only for eliminate your hunger then you still uncertainty Slim & Sexy In Seven: A Healthy, Whole Foods 7-Day Cleanse as good book not simply by the cover but also with the content. This is one book that can break don't judge book by its include, so do you still needing one more sixth sense to pick this!? Oh come on your reading through sixth sense already alerted you so why you have to listening to yet another sixth sense.

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