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# **Detox Diet: 4 Weeks To Rapid Weight Loss, Unstoppable Energy To Upgrade Your Life Up, Lose Up To 21 Pounds In 28 Days( Including The Very Best Detox Recipes)**





## Synopsis

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Do you often feel tired or stressed? Do you feel unhappy with your overweight body and big belly? Do you feel no energy to work or play? Do you know what a bad influence it will have when your body is full of toxins? What if I said you could have a healthy detox diet plan to lose fat, have a better mood, be more beautiful, be filled with energy, and you can still have your favorite recipes? By following this book, you will find answers for the above questions and more!

For the body to function optimally, it must be cleaned by eliminating waste that clogs and slows the metabolic activities. This book is specifically meant to aid you in achieving your detox goals. You will get tips on how to detoxify your body in a healthy way and to eliminate radicals and toxins that are accumulated by harmful environmental factors such as hormonal imbalance, stress, pollution, diseases, and diet. This can be through the air we breathe, the water we drink, and especially the processed foods we eat. When our bodies are "overloaded" with toxins, we see the following trends:

1. Water retention
2. Digestion disorders
3. Fatigue
4. Weight problems
5. Bloating, swelling
6. Slowed metabolism

Maybe you have tried many different ways of fat loss, but did not get results. You maybe want to give up your fat loss goal as you are fully discouraged and not ready for any new diet or exercise. But by following this healthy and popular Detox Diet, you will not only lose your fat quickly, but also have many other benefits. Below is a brief summary of some benefits:

1. Cleansing the body of toxins
2. Rebalancing the intestinal system
3. Alkalizing your ph balance
4. Improved Immune system
5. Glowing complexion
6. Rapid Weight Loss

We have made this book very easy to follow. We have put all of what we have known and experienced before about detox dieting in this book. You will get the tips and essential knowledge of the detox diet spending just a few minutes reading. This book is not just a good guide for your detox diet, and it's not just for losing weight; we believe it will be your lifelong companion. You will find amazing results in the next few weeks when you stand before the mirror.

This book offers 60 healthy detox recipes that will promote the elimination of toxins, promote sanitation, and begin purification of the body. All the recipes are very easy to make with detailed and accurate ingredients, little preparation time & cooking time, and step by step procedures. Even a cooking novice can make all of these recipes by himself or herself. Each recipe has nutritional value, and you can easily find what you want to eat every meal. In addition, we have a 28-day detox diet meal plan that is well designed to help you achieve your goals. Also you can change the recipes in that meal plan as you like. It is not a fixed meal plan; it is very flexible. Just be sure that when you change the meals in the meal plan, the function of the

revised recipe should be same or similar with that recipe. Don't be hesitate to get this amazing book! You will get what you are looking for. Best wishes for you, dear readers!

## **Book Information**

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## **Customer Reviews**

This book is not just about her journey on the detox plan but includes inspiring testimonies. The meal plans are awesome and well worth the price of the book itself. You can buy pills to help and blah blah. But this helps you understand why you should, and what is helpful and how to make it successful. There is a lot of very good information for anyone that is looking for the right ways to go about detoxing and making sure you feel better about it.

This is very good book study about the Detox Diet. This is very helpful guide book for weight Loss. Its very informative book for everyone. It helps your resolve amid those circumstances, and it will happen, where you need to give up. This book has a ton of information that will help you comprehend why it is an essential to detox, and what benefits you can gain from it. I highly recommended this book to everyone.

I think Detox Diet is one of the best way to lose weight. Because the approach is unique and safe. You can eliminate the toxins in your body in a healthy way. The benefits you can get by following this diet can make your body more healthier. The foods allowed to eat really good for your health.

I have been looking for a diet plan that i will not suffer eating my favorite foods. This book has a good job explanation on how to detox and maybe a good food to energize you everyday. I am not

over weight but i need to maintain my figure and don't get fat. Where recipes form this book has a simple steps and easy to follow, just need to update the preparation time. Good book to detox your body.

This book tells you how DETOX work and why it is helpful. This will help us detoxify our body, lose fat, gives enough energy and much more. I didn't expect this book will provide such great benefits to our body. Therefore I am amazed after reading it because I feel that I needed it.

Its a book with some basics and really helpful information on how to go about the diet and maintaining your body physiology at a good and healthy level by detoxifying the body and making sure you have a enough water in the body system to steer good health.

Don't waste your time or money!

This is so perfect book about detox diet. I am so glad that I found it because I am on the process of loosing weight and I am so sure this book would guide me all through out.

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