

Includes a DETOX DIET PLAN - plus a holistic approach to healthy living and a cleansing diet
DISCOVER: How to cleanse your system with a practical and very simple Step by Step Guide to Detox. PLUS a BONUS CHAPTER of 39 mouth-watering RECIPES (including Green Juices)
Tired of fad diets that ask you to restrict your calorie intake? Or even those rush weight loss programs that promise a lot, but do not produce much results? The real problem? TOXICITY! Your body just might need help in reducing these toxins. The solution? Detox cleansing through a healthy eating plan – the simplest, most effectively natural way to helping your system minimize accumulated toxins - and how to lose weight fast!
Inside SIMPLIFY YOUR DETOX CLEANSE, you will get a step by step detox diet and healthy living plan that will enlighten you on:
The many benefits of reducing toxins
The misconceptions of detox cleansing
Practical and easy tips on how to get started
Delicious ways of following a detox diet plan
Complete tricks to healthier living and general health care
A simple to use guide to detox
A virtuous way to achieving holistic health
An intriguing guide to reducing electromagnetic radiation at home or work
A promising method of sustaining all these changes
If you ever wondered what exactly can detox cleansing do for you, what detox diet foods you should eat more of or less of, how long should you do this, how can you grow into a healthier lifestyle, and how can you sustain healthy living – then this book is just for you.
The problem with most of the weight loss programs now out in the market is that they hardly address the root cause of the problem => toxicity. Our body's natural detoxification system needs a little help in order to reduce the amount of toxins that stay in our system. The solution, however, is easy and very simple. This book will provide you a practical, encouraging, and simple to understand and implement detox cleansing program, with measureable and achievable results that you can feel and see. In this guide, you will learn the benefits of a detox cleansing plan, cook fun, mouth-watering healthy and creative recipes for your detox diet plan, re-discover healthier ways to maintain healthier living, find out tips to general health care, lose weight fast, and reduce unwanted toxins in your body. It guides you towards 9 beautiful VIRTUES to help you achieve a holistic health of both mind and body. So why wait? Start your detox cleanse now!
DOWNLOAD NOW and Simplify your Detox Cleanse: Easy Detoxification Steps to Lose Weight, Think Healthy, Stay Healthy...Forever!

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