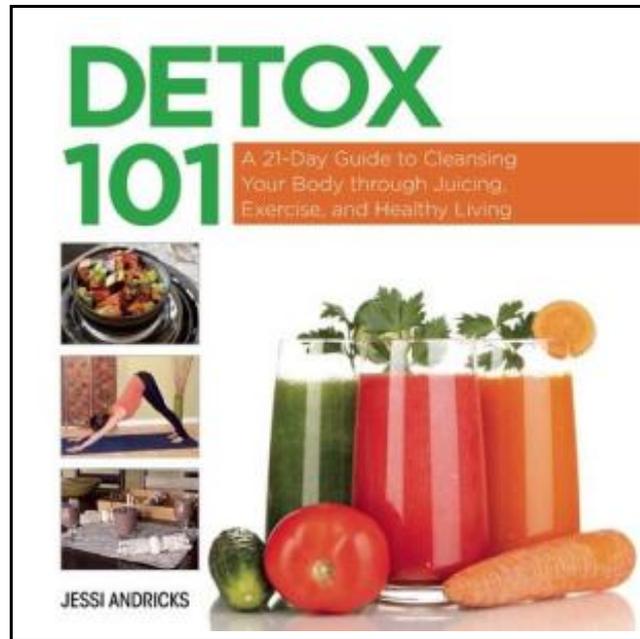


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The publication is fantastic and great. It can be rally exciting throgh reading period of time. I am just very happy to inform you that this is the greatest publication i actually have read in my very own daily life and could be he very best ebook for at any time.

(Prof. Alvis Wuckert)

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Skyhorse Publishing. Hardback. Book Condition: new. BRAND NEW, Detox 101: A 21-Day Guide to Cleansing Your Body Through Juicing, Exercise, and Healthy Living, Jessi Andricks, Detox 101 is your twenty-one-day guide to cleansing without deprivation. In this program, you will clean out your body, mind, and soul to bring you back to a whole, healthy, and happy you for life. You'll be guided through twenty-one days of healthy eating, drinking, moving, and thinking. You'll learn simple ways to incorporate healthy habits into your daily life as well as do some deep cleansing for all your systems. The twenty-one-day program starts with a focus on food, moves towards exercising, and ends with the chance to turn your focus toward your inner state. During the detox, you'll focus on whole, healthy foods, avoiding foods that might trigger digestive upsets or inflammation in the body. You'll learn how to exercise to create more energy, rather than deplete it, and you'll take time each day to tune out and check in on yourself. Detox 101 features exercise programs and plans, meal plans, and over fifty healthy, whole food recipes. The twenty-one-day plan features a daily routine, complete with affirmations, exercises and poses of the day, recipe tips, and more, all to get you living the happy, healthy life you deserve!.



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