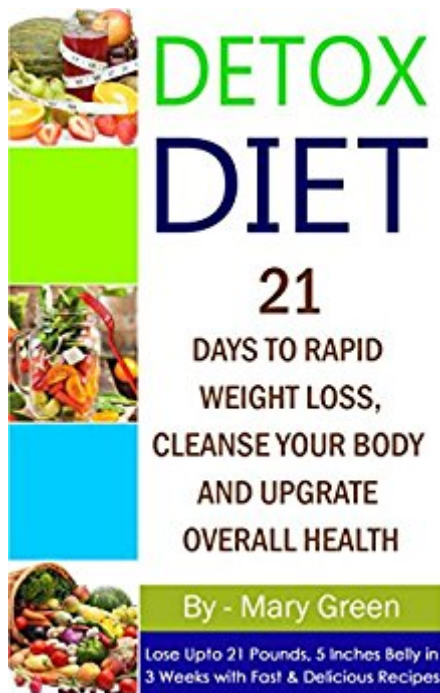


The book was found

Detox Diet: 21 Days To Rapid Weight Loss, Cleanse Your Body And Upgrade Overall Health(Lose Up To 21 Pounds, 5 Inches Belly In 3 Weeks With Fast & Delicious Recipes)(Vegetarian, Ketogenic, Low Carb)



Synopsis

***SPECIAL OFFER!!!!** LIMITED TIME OFFER 40% OFF (Regular Price \$4.99) Read for FREE with your kindle unlimited! We have helped at least 200,000 people by this book! Most of them before were very fat, but when they got this amazing book, their fat lost! They became better and healthier! They became more confident! They became stronger or a slimmer! They became more happier! We have poured all of what we have known about detox diet into this book! We have prepared with a very healthy and scientific meal plan for your detox diet journey! You will find it is not just an amazing book, it will be the best practical book for weight loss and your overall health! In our modern age, it is almost inevitable to keep our body free from the various toxins that surround us. They might come from the foods we eat, the water we drink, or even from the polluted environment. The accumulation of toxins in our body can lead to serious health issues, including memory loss, problems to our central nervous system, increased risk of cancer, among other diseases. But fear not! As with a proper detoxing diet, you will be able to flush out those toxins in no time. This book has been designed in such a way that even beginners are able to jump into the world of Detoxification. The various information are broken down into small bite-sized sections for you to easily absorb. So what will you learn from this book? 1. The toxins and its disadvantages 2. The Detox Diet and its advantages 3. How to Identify if you are full of toxin 4. Foods you should eat when on a Detox Diet 5. Some great tips for your successful Detox Diet Journey 6. A 3-week meal plan guides you a successful Detox Diet Journey 7. 49 Delicious and easy to make recipes support your long term detox diet. All the recipes are very easy to make, they are delicious, time-saving! Even if you are a new comer about cooking, you can easily cook your flavored recipes by following the book! It has detailed one-by-one procedure! For the ingredients, you will also very easily find on your local market! It will save you too much time I think! In total, you will know the important knowledge of detox diet in just half an hour! You will have a lifelong companion for your healthy and effective weight loss goal! You will find amazing result after you insist 1 week or less! Welcome to the wonderful world of Detox Diet! Scroll up now and click the buy button to begin your Detox Diet Journey! You will like it!

Book Information

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Customer Reviews

This book has been my saving grace when it comes to eating healthy with more options! The meals are healthy and easy to make! I have even made a dish for two friends of mine who are vegan and they loved it so much they grabbed my book and started taking pictures of some recipes they want to try!

I was actually impressed by how much useful information is squeezed in such a short book. Author has described every single thing very clearly with some proper explanations. By reading this book I've learned some effective techniques. Such an excellent book. Highly recommended.

Great book! Perfect for someone who's planning to lose weight. The recipe were delicious. I hope I can get that small belly soon! The recipe are delicious and easy to follow. Highly recommended book.

I love the detox diet plan! Reading this book help me to redirect my weight losing journey!

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