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An all-encompassing reference to using juice fasting strategies for detoxifying the body and burning fat includes a series of short-term juice fasts, sharing accessible guidelines that are complemented by recipes and detailed explanations of the practice's potential benefits. Original.

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CLEANSE WITHOUT BEING STARVED OR DEPRIVED Follow the delicious and hunger-satisfying raw-food diets offered in this book and you will lose weight, gain energy and feel vibrantly healthy while clearing your body of toxins. Raw Food Cleanse offers four customized plans that provide you with everything needed for an easy and powerful detox, including: •toxin self-assessment •day-by-day programs •mouth-watering recipes •real-life success stories •3-Day Energy Boost Cleanse Give your body an all-natural weekend to start your Monday feeling great. •7-Day Rejuvenation Cleanse Enjoy a week of delicious raw

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foods to thoroughly refresh your system. •14-Day Deep Detox Cleanse Go longer to experience better skin and hair, a clearer mind and a slimmer body. •28-Day Total Reset Cleanse Give the body a full recharge with an intense, nutrient-packed month of raw foods.

A post-cleanse program to keep enjoying the beneficial results of the Lemonade Diet—and continue your body's healthy transformation. • Stay Toxin Free • Keep the Weight Off • Increase Energy • Improve Skin and Hair • Eliminate Allergies • Maintain a Healthy Colon Spending ten days on The Lemonade Diet is a proven way to transform your body and health. But if you return to your former unhealthy habits, you'll quickly undo all you gained. With its comprehensive post-cleanse program, Beyond the Master Cleanse allows you to maintain and extend the Master Cleanse's amazing benefits. Beyond the Master Cleanse explains how to identify and overcome the most common difficulties you will encounter in your post-cleanse life. Drawing on the principles and power of The Lemonade Diet, this program offers an effective way to keep your body from sliding back into a toxic state. From easy parasite cleansing and tips for avoiding common toxins to overcoming addictions and transitioning to your new diet, Beyond the Master Cleanse shows how to continue the healthy transformation you started with your cleanse so that you can live a happier, healthier, and more prosperous, abundant life.

YOU KNOW THE BENEFITS OF THE MASTER CLEANSE: DETOXING, LOSING WEIGHT AND INCREASING ENERGY. But how can you go 10 days without eating? This book shows you! Presenting the day-by-day journals of 12 ordinary people who overcame their fears and successfully completed 10 days on The Lemonade Diet, The Master Cleanse Experience offers their real-world solutions to all your questions, including: •Tricks to resist food cravings •Tips for remaining focused and positive •Effective ways to keep your energy up •Solutions for the effects of the laxative tea •Smart approaches to the saline flush •Strategies for getting through a full day at work •Helpful ideas for falling asleep on an empty stomach •and many more

A comprehensive guide to cleansing and detoxing the body—and maximizing the amazing results of the Master Cleanse Diet. The Lemonade Diet is simple and powerful. The recipe takes only minutes to learn, and when done correctly the cleanse is surprisingly easy and completely safe. But there's more to it than just drinking the lemonade mixture. The Complete Master Cleanse offers a step-by-step program that unleashes the full power of the Master Cleanse and all its health benefits. Tom Woloshyn shares the amazing results, helpful information, and insightful tips he's gained from personally coaching thousands of people on the best way to follow The Lemonade Diet. Much has been learned about detoxing since the Master Cleanse was first developed over thirty years ago, and this up-to-date book explains clearly how and why cleansing can improve all aspects of your personal health, including: •Increasing Energy •Balancing Your Body's pH •Losing Weight •Reducing Swelling and Pain •Alleviating Allergies •Flushing the Colon •Improving Skin and Hair •Ridding Your Body of Parasites

A Simon & Schuster eBook. Simon & Schuster has a great book for every reader.

This book is available as open access through the Knowledge Unlatched programme and is available on [www.bloomsburycollections.com](http://www.bloomsburycollections.com). We need to talk about Hippocrates. Current scholarship attributes none of the works of the 'Hippocratic corpus' to him, and the ancient biographical traditions of his life are not only late, but also written for their own promotional purposes. Yet Hippocrates features powerfully in our assumptions about ancient medicine, and our beliefs about what medicine – and the physician himself – should be. In both orthodox and alternative medicine, he continues to be a model to be emulated. This book will challenge widespread assumptions about Hippocrates (and, in the process, about the history of medicine in ancient Greece and beyond) and will also explore the creation of modern myths about the ancient world. Why do we continue to use Hippocrates, and how are new myths constructed around his name? How do news stories and the internet contribute to our picture of him? And what can this tell us about wider popular engagements with the classical world today, in memes, 'quotes' and online?

Provides dozens of vegan baked-good recipes that are also free of lactose, saturated fats, and cholesterol, in a volume that explains how to prepare a range of healthier options from cupcakes and brownies to cookies and breads. Original.

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