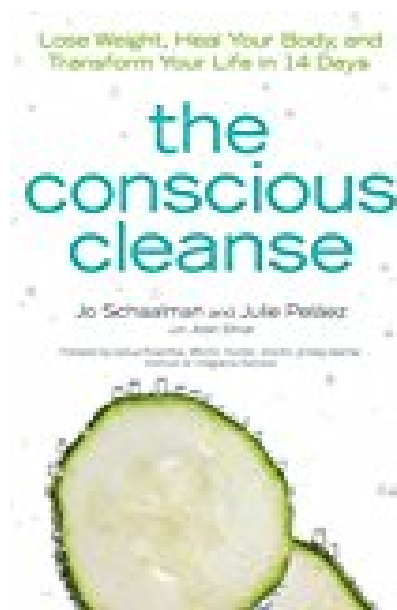


The Conscious Cleanse Lose Weight Heal Your Body and Transform Your Life in 14 Days Complete Idiots Guides Lifestyle Paperback



BOOK DETAILS

- Author : Jo Schaalman
- Pages : 336 Pages
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BOOK SYNOPSIS

A simple, sensible 14-day plan for losing weight and healing your body. If you're looking for relief from an ailment such as depression, chronic pain, or allergies or are looking to lose weight, but want a natural, flexible way of doing so, then The Conscious Cleanse is the perfect programme for you. In this easy-to-follow 14-day programme, you get a day-by-day plan to filter out harmful foods and guidance on what foods to avoid with optional yoga-based stretches and exercises to incorporate into your programme. Plus, tips to lose weight easily so there's no need to starve yourself as well as meal plans with shopping lists and over 100 delicious recipes. You'll also find techniques and inspiration for continuing a sustainable and vibrant conscious lifestyle after the cleanse is complete. Whether you're looking to shed excess weight or relieve any number of ailments, The Conscious Cleanse will provide a solution that will change your life for good.

THE CONSCIOUS CLEANSE LOSE WEIGHT HEAL YOUR BODY AND TRANSFORM YOUR LIFE IN 14 DAYS COMPLETE IDIOTS GUIDES

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