



The "7" Day Detox: The 21 Day Green Detox Fast

Kyla Latrice Tennin

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This Green-Detox Smoothie Recipes Cookbook will help you Detox your body of "bad stuff" (you have consumed over time) so that you can drop pounds and inches, to look and feel thinner as well as be healthier.

This cookbook is dedicated to men and women around the world that have dealt with or are beginning to deal with obesity or those whom simply want to loose weight, get healthy and get fit once and for all. In this cookbook I share my 170 lbs of weight loss secrets with you and how I was obese twice, ridiculed, looked down upon and even rejected. In this cookbook I help get you started on being free.

A collection of my tips, tricks and health notes along with green-smoothie recipes will help you do just that.

In addition, "health notes" have been added about which fruits to eat to help you live longer, fight wrinkles, boost your immune system, help your blood flow better, prevent tooth decay, prevent hair frizz, headaches, high blood pressure and kidney stones, eat on a dime, fight Alzheimer's disease, exercise less and still reach your weight loss goals and more. It's simply the ultimate health guide for men and women.

This cookbook is also available for purchase in libraries around the world, at Barnes and Noble (bn.com), Books-A-Million Bookstores (online), in airports, grocery stores, global retailers and on Google Play and Google Books. Further, this cookbook has been made available on mobile devices via Adobe Digital Editions and DRM (Digital Rights Management), in general for travels and for when you're "on-the-go".
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Latashia Bartlett:

Playing with family in the park, coming to see the marine world or hanging out with friends is thing that usually you may have done when you have spare time, after that why you don't try factor that really opposite from that. Just one activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love The "7" Day Detox: The 21 Day Green Detox Fast, you can enjoy both. It is excellent combination right, you still desire to miss it? What kind of hangout type is it? Oh seriously its mind hangout guys. What? Still don't have it, oh come on its named reading friends.

Brant Castillo:

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