



Raw Food Cleanse: Restore Health and Lose Weight by Eating Delicious, All-Natural Foods — Instead of Starving Yourself

Penni Shelton

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Raw Food Cleanse: Restore Health and Lose Weight by Eating Delicious, All-Natural Foods — Instead of Starving Yourself Penni Shelton 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 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.

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