



# **Slim & Sexy In Seven: A Healthy, Whole Foods 7-Day Cleanse**

*Joy Perugini*

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We all love the idea of having a “clean” body, boosting our metabolism and getting a fresh start, but let’s be honest here, most commercial cleanses tout an unhealthy formula of starvation tactics along with some foul-tasting powder or potion, and literally guide us to DRINK our meals, opposed to eating them (no thank you)! Lucky for us, there is a safe and healthy way to cleanse!

This book will guide you through a safe and effective detoxifying program where you can actually eat real food (go figure), hydrate that beautiful bod of yours (opposed to the dehydrating effects of most other cleanses), flush toxins from the body, rev up your metabolism and yes, even drop weight! Your body has the power to detox all on its own (that’s why you have a digestive system, liver, and kidneys). We’re just going to get it primed and ready to do so without using any expensive, crazy concoctions. In fact, everything needed is most likely already in your kitchen!

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A lot of people always spent their free time to vacation as well as go to the outside with them loved ones or their friend. Do you realize? Many a lot of people spent many people free time just watching TV, as well as playing video games all day long. If you want to try to find a new activity that is look different you can read a new book. It is really fun for you. If you enjoy the book you read you can spent all day every day to reading a publication. The book Slim & Sexy In Seven: A Healthy, Whole Foods 7-Day Cleanse it is quite good to read. There are a lot of those who recommended this book. These people were enjoying reading this book. If you did not have enough space to bring this book you can buy typically the e-book. You can m0ore effortlessly to read this book from a smart phone. The price is not too costly but this book features high quality.

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