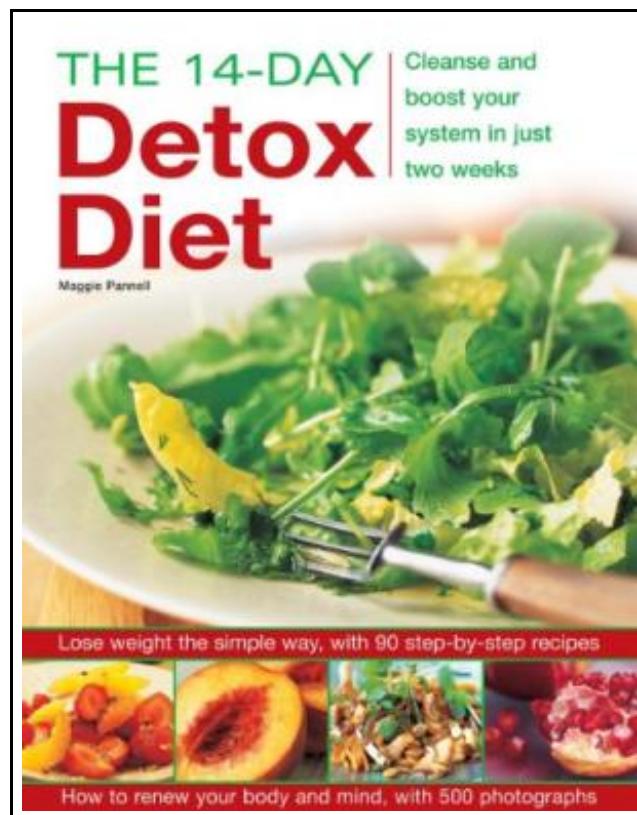


The 14-day Detox Diet: Cleanse and Boost Your System in Just Two Weeks



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Anness Publishing. Paperback. Book Condition: new. BRAND NEW, The 14-day Detox Diet: Cleanse and Boost Your System in Just Two Weeks, Maggie Pannell, Cleanse and boost your system in just two weeks. Lose weight the simple way, with 90 step-by-step recipes. It helps you how to renew your body and mind, with 500 photographs. It includes recipes range from soups, smoothies and breakfast ideas to sustaining salads, healthy fish and poultry dishes, and tasty desserts, each crammed with nutrients and cleansing properties. It includes a detailed introduction that explains what toxins are, where they are found, and how they can be avoided, as well as checklists of foods that should be included and those that should be excluded during a detox. You can choose from an intense one-week regime or a more comprehensive two-week detox plan. It contains ideas for exercise, complementary therapies and how to detox your home. An ancient therapy that has been used for centuries, detoxing is believed to help the body's natural cleansing process and replenish vital nutrients. The introduction contains a list of symptoms to enable self-diagnosis, guidance on when and when not to detox, tips on how you can boost your organs, advice on suitable exercises and complementary therapies, and a directory of foods you should include and those you should avoid. Menu plans for either a one- or a two-week plan make selecting and combining recipes easy, ensuring that you get the perfect balance of foods every day. Recipes include Lime and Watermelon Tonic, Granola, Fresh Cabbage Soup, Citrus Fruit Salad with Avocado, Pan-fried Chicken with Pesto and Summer Berry Frozen Yogurt. Crammed with invaluable advice, information, and recipes, this is the ideal book for anyone who wants to detox safely in the home.



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