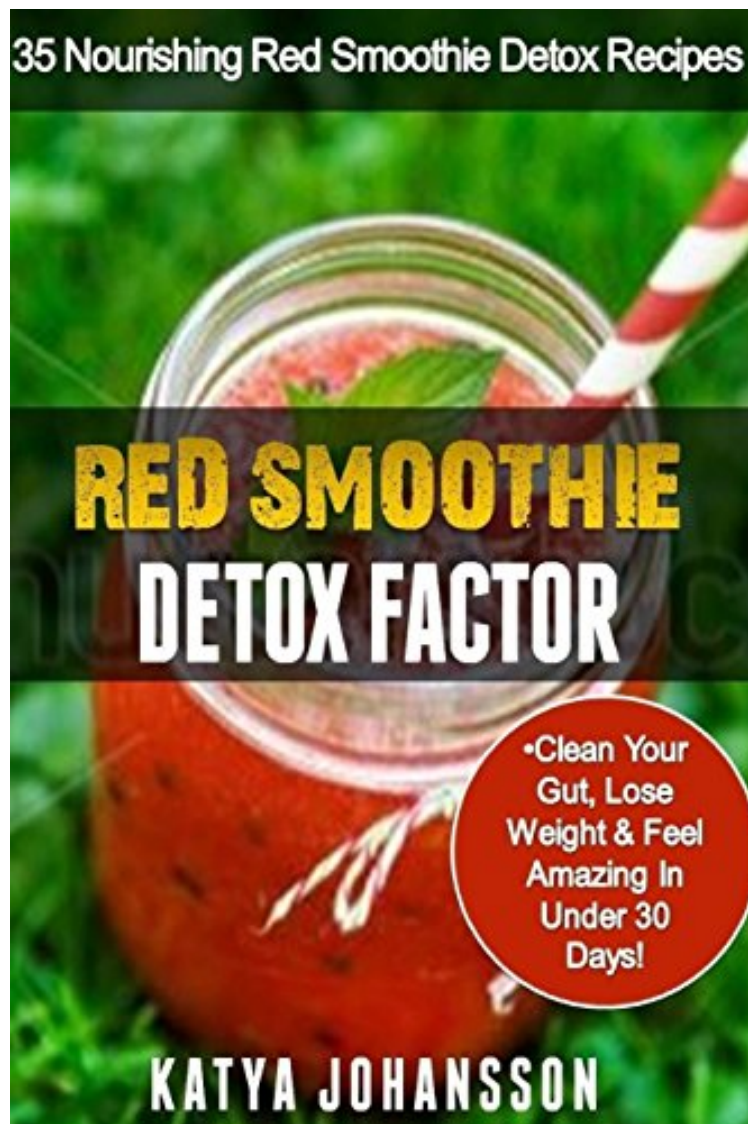


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Clean Your Gut, Help You Lose Weight And Feel Amazing In Under 30 Days:

5 of 5 people found the following review helpful. Satisfying Smoothies, Great ResultsBy E.L.S.After witnessing the results of this detox diet on my mother-in-law (she'd lost weight and felt great), I decided to give it a shot. I'm on Day 12 and feel fantastic! I've lost about a pound a day and have oodles of energy, and I've lost my craving for coffee (Haven't missed it at all. Neither did my mother-in-law). This is the first diet that I've ever tried that wasn't complete drudgery. The smoothies are satisfying and overall delicious (There were a few I didn't care for, but that's to be expected). I haven't been hungry, and if I do get hungry, the diet allows veggie and seed snacks, or a hard-boiled egg. Plenty of protein. I look forward to launching into the 21-Day Meal Plan after the detox. Can't wait to see and experience the results!3 of 3 people found the following review helpful. We do love to look great and feel greatBy AGDo you know that red smoothie can help us detoxify our body and make us healthy? If you wanted to know. This book is what you needed. There are 35 recipes on how to make this kind of smoothie. All of them are delicious to our taste and help us to lose weight in a fast way. We do love to look great and feel great. So get ready yourself to prepare this awesome drink.2 of 2 people found the following review helpful. I got this so when I have a very busy ...By CustomerI got this so when I have a very busy day I can grab a smoothie and go a friend told me about so went on to find it ,you had it so I got it thanks for having what I needed

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