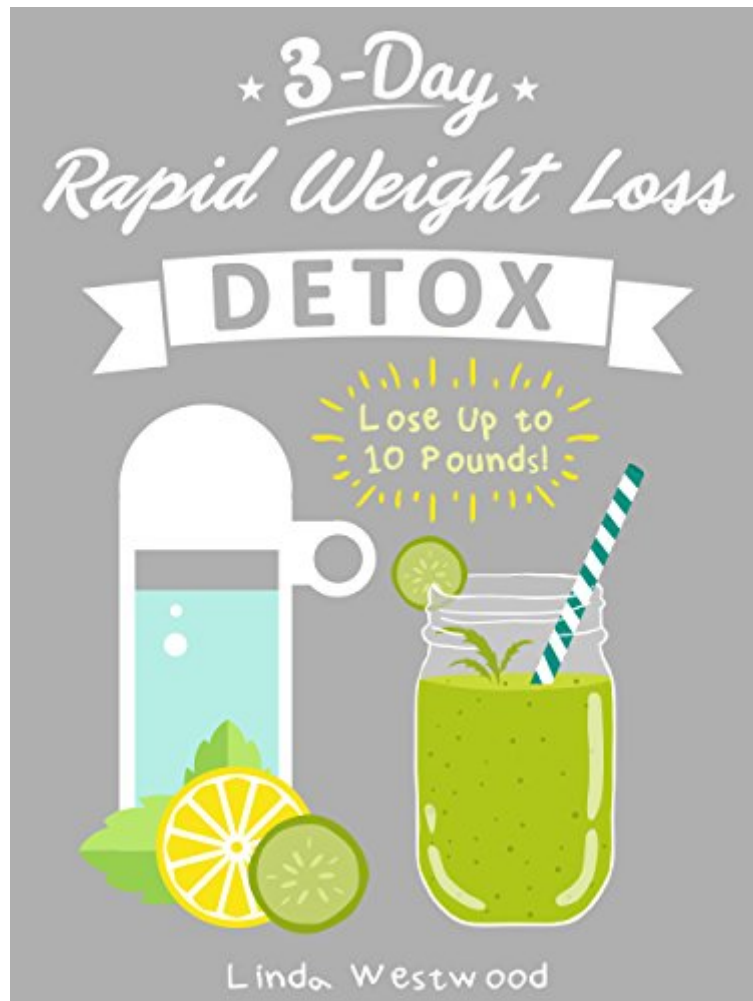


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# Detox (3rd Edition): 3-Day Rapid Weight Loss Detox Cleanse - Lose Up To 10 Pounds!



## Synopsis

Want A RAPID Detox Cleanse That WORKS? You WILL Shed 10 Pounds in 3 Days!FREE BONUS FOR A LIMITED TIME ONLY: If you download this book TODAY, you will get a FREE DOWNLOAD of Linda Westwood's best selling book, Quick & Easy Weight Loss: 97 Scientifically PROVEN Tips Even For Those With Busy Schedules!From the Best Selling weight loss writer, Linda Westwood, comes Detox: 3-Day Rapid Weight Loss Detox Cleanse - Lose Up to 10 Pounds! This detox book will jump-start your weight loss, increase your energy levels, clear your mind, and improve your overall health! If you feel like you need to give your weight loss a HUGE kick-start... If you feel like you're always tired and feel unhealthy on the inside, and need a cleanse... Or if you're just sick of working out so hard and seeing no weight loss results... THIS BOOK IS FOR YOU!What You Will Get Out Of This Detox Cleanse BookThis book provides you with a 3-Day Rapid Detox Cleanse that will have you losing up to 10 pounds in just 3 days!Are you ready to look and feel slimmer, healthier, and sexier than you have in years? Then check out this 3-Day Rapid Detox, and start transforming your life TODAY! If you successfully implement this 3-Day Rapid Detox, you willâ Start losing weight without working out as hard â Begin burning all that stubborn fat, especially belly fat, thigh fat and arm fat â Say goodbye to inches off your waist and other hard-to-lose areas â Learn how you can live a healthier lifestyle without trying â Say goodbye to long, dull, boring workouts â Get excited about eating healthy - EVERY TIME!Tags: detox, cleanse, detox cleanse, detox diet, cleanse diet, weight loss, body cleanse

## Book Information

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## Customer Reviews

Great information on how the aging body needs assistance in speeding up your metabolism to keep off unwanted weight. Linda Westwood introduces you to a method that will have you getting rid of weight in a matter of days. This method helps remove the pollutants and bacteria that has built up in your body. She explains how this build up of toxic chemicals is what slowing your body down. Once you apply this method, your body will then be on track to break down the fat for energy.

Weekend Weight Loss seems impossible, but it's not! This book is full of easy to read and understand tips to lose weight quickly! It works around the time that you have. When you're committed to your job and your children, it's difficult to make time for yourself. But, this book will leave you feeling AWESOME in no time! It's not just about the weight loss, it's about your self esteem.

The book wonderfully combines diet, exercise, and detox into a fantastic and quick method to lose weight in just a matter of a few days! There is also excellent advice on choosing the right probiotic. If you are looking for a lightning fast method to kickstart your weight loss goals you have found the right book here!

I would never have imagined that losing weight quickly was actually possible. The problem most of us face is that the momentum of poor food choices push us to continue into being unhealthy. I have only recently learned about detox, and this book seems to make a lot of sense when it comes to how to combine detox and losing weight. I'm not sure if I will be able to keep the weight off, but detox seems to be the right way to lose some and feel better.

The book is very informative. The given tips are very straight to the point which makes it easy to remember. It also teaches us how to keep motivated in order to succeed in your goal of losing

weight. I think it is very helpful guide for us.

This is a very informative book that gives very great information on how the aging body needs assistance in speeding up your metabolism to keep off unwanted weight. The author introduces you to a method that will have you getting rid of weight in a matter of days. This method helps remove the pollutants and bacteria that has built up in your body. Once you apply this method, your body will then be on track to break down the fat for energy. I recommend this book.

I cringe when I see the word "detox" in a title, I don't believe in detoxification as it is often presented. However, this regime is great for losing weight if you do it properly. The author of this book doesn't just provide you with recipes and tell you to go drink juices. She writes extensively about reasons to detox, how, why and even when to do it, she even gives the detailed shopping list for detoxification. I really like that part. There are many books with juice recipes for detoxification, but few of them go in so much detail about it. This is definitely not an easy program to follow and it probably isn't for everyone, but it works if you stick with it.

I was very impressed with the amount of knowledgeable information in this book. The author actually took time to explain and educate the audience on health and detox. I read through the entire book and was not bored with any of it!! Thank you for writing this book!!

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