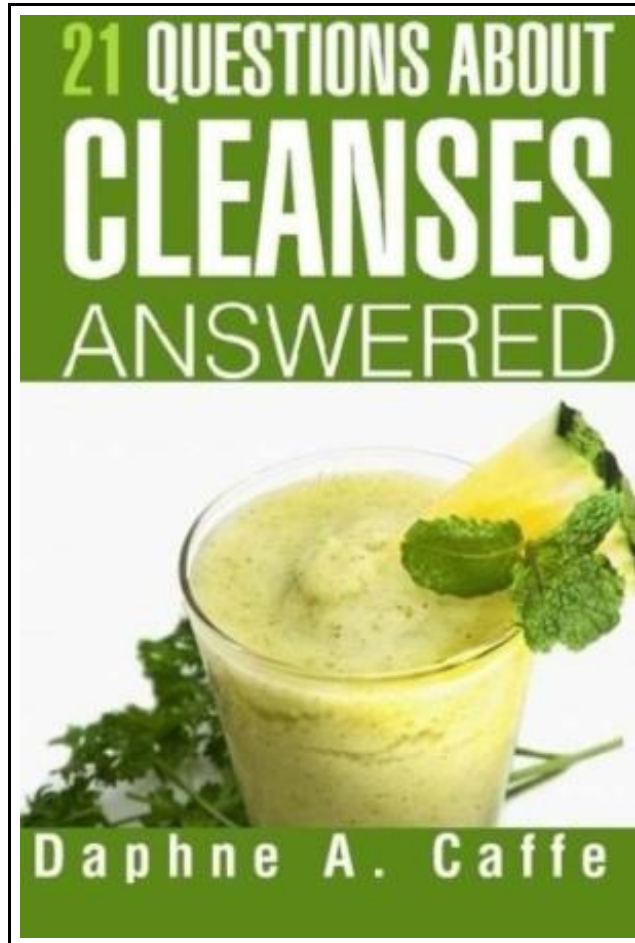


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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.It seems like cleanses are all of the rage these days. Our friends and our family might be speaking about a cleanse they just did or are planning on doing. There is regular media coverage on new cleanses. Master Cleanse! Raw food Cleanse! Green Smoothie Cleanse! We are being peddled cleanses on T.V. and in our shopping malls. Lose weight! Feel great! Get an energy boost! Remove dangerous toxins! Cure cancer! The hype raises many questions. What is a cleanse? How do you cleanse? What are the benefits of cleansing? What are some types of cleanses? In this book I will answer all of these questions and many more. In this book you will find foundational information on cleansing with some interesting tidbits that may lead you to further research. The following questions will be answered inside: Q1 WHAT IS A BODY CLEANSE? Q2 WHAT IS THE HISTORY OF CLEANSSES? Q3 WHY SHOULD I CLEANSE? Q4 ARE THERE DANGERS TO BODY CLEANSING? Q5 WHAT ARE SOME DIFFERENT TYPES OF BODY CLEANSSES? Q6 WHAT IS A JUICE CLEANSE? Q7 WHAT ARE SOME IDEAS FOR SMOOTHIES AND DETOX DRINKS? Q8 WHAT IS AN EXAMPLE OF A DIET CLEANSE? Q9 CAN A RAW FOOD CLEANSE REALLY CLEAR THE BODY OF TOXINS? Q10 WHAT IS THE MASTER CLEANSE? Q11 HOW DO SPECIFIC BODY PARTS CLEANSE THE BODY AND CAN THEY BE CLEANSED? Q12 WHAT SPECIFIC FOODS CAN HELP CLEANSE THE BODY? Q13 WHAT ARE SIGNS THAT A CLEANSE IS WORKING? Q14 WHAT IS FASTING AND HOW IS IT A BODY CLEANSE? Q15 ARE THERE PILLS THAT CAN BE USED TO CLEANSE? Q16 WHAT ARE ALTERNATIVE WAYS TO PERFORM CLEANSSES? Q17 WHAT IS...



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