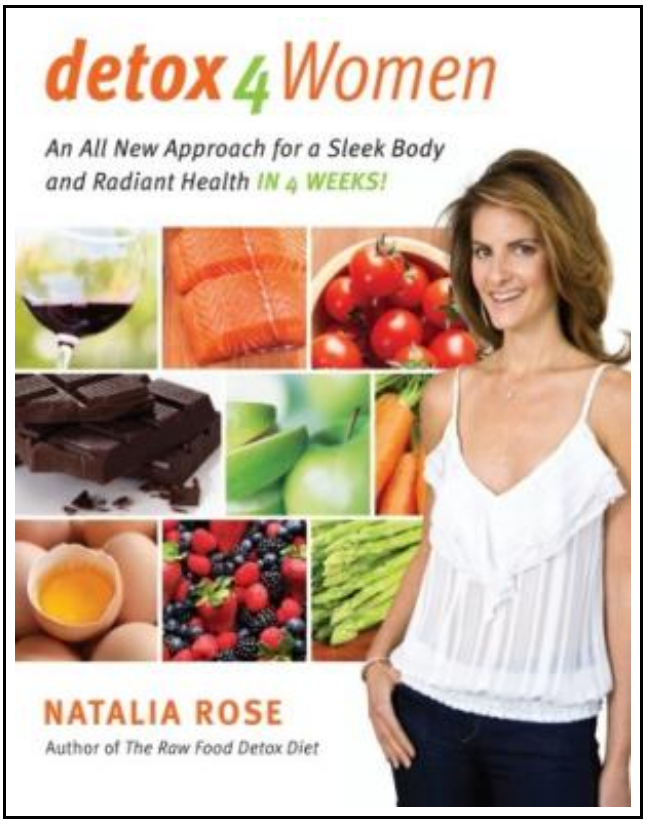
Detox for Women: An All New Approach for a Sleek Body and Radiant Health in 4 Weeks



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Reviews

This book is really gripping and interesting. Of course, it is actually perform, still an interesting and amazing literature. You will not truly feel monotony at whenever you want of your time (that's what catalogues are for concerning when you request me).

(Claud Schaden)

DETOX FOR WOMEN: AN ALL NEW APPROACH FOR A SLEEK BODY AND RADIANT HEALTH IN 4 WEEKS

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HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, Detox for Women: An All New Approach for a Sleek Body and Radiant Health in 4 Weeks, Natalia Rose, In her 10 years working with private celebrity clients and leading Manhattan spas, Natalia Rose has discovered that adult women require a very specific prescription for detoxification. Most detox diets emphasize foods that either exacerbate issues women already have or block their ability to cleanse. Natalia's detox plan for women: incorporates cooked foods, including vegetables and fish; is easy to maintain while eating out; and, allows you to enjoy comfort food, like goat cheese, organic butter, and chocolate. Natalia Rose offers an opportunity for real transformation with a plan that is actually achievable. As Natalia has seen again and again, women find that the extra weight melts away, their skin glows, their energy soars, and nagging health problems are noticeably improved.

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