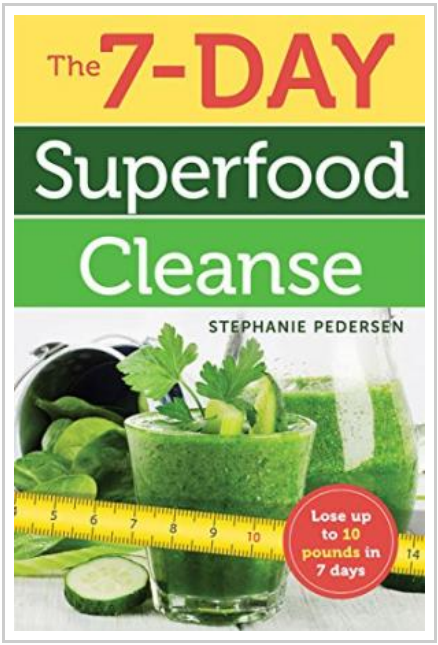

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The 7-Day Superfood Cleanse

By Stephanie Pedersen

Sterling Publishing Co Inc. Paperback. Book Condition: new. BRAND NEW, The 7-Day Superfood Cleanse, Stephanie Pedersen, Harness the power of superfoods - like kale and coconut - to detox deeply and quickly! In just seven days on this amazing cleanse, you can lose up to 10 pounds, drop a dress size, get glowing skin, and even relieve your carb cravings. Sleep improves, mood improves, even mental acuity improves. Holistic health counsellor and superfood expert Stephanie Pedersen explains why and how detoxes work, why this one is different from all the others, how to begin the cleanse, and how to keep the goodness going once you're done. Her menus and easy, delicious recipes range from green drinks and smoothies for an all-liquid detox to healthy salad, sauteed veggies, soups, and stews for those who want some solid food. There are even shopping lists! You won't believe how amazing you'll look and feel in just a week or less.

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