



Slim & Sexy In Seven: A Healthy, Whole Foods 7-Day Cleanse

Joy Perugini

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We all love the idea of having a “clean” body, boosting our metabolism and getting a fresh start, but let’s be honest here, most commercial cleanses tout an unhealthy formula of starvation tactics along with some foul-tasting powder or potion, and literally guide us to DRINK our meals, opposed to eating them (no thank you)! Lucky for us, there is a safe and healthy way to cleanse!

This book will guide you through a safe and effective detoxifying program where you can actually eat real food (go figure), hydrate that beautiful bod of yours (opposed to the dehydrating effects of most other cleanses), flush toxins from the body, rev up your metabolism and yes, even drop weight! Your body has the power to detox all on its own (that’s why you have a digestive system, liver, and kidneys). We’re just going to get it primed and ready to do so without using any expensive, crazy concoctions. In fact, everything needed is most likely already in your kitchen!

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