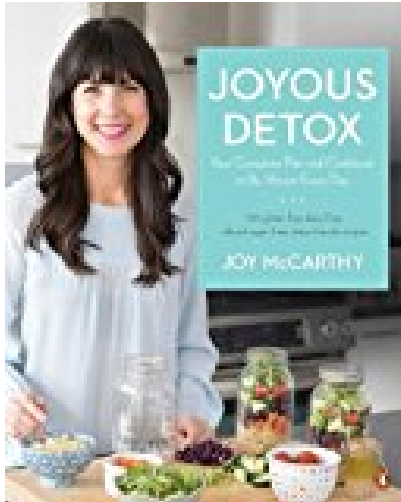


Joyous Detox Your Complete Plan and Cookbook to Be Vibrant Every Day



BOOK DETAILS

- Author : Joy McCarthy
- Pages : 304 Pages
- Publisher : Penguin Canada
- Language : English
- ISBN : 0143194607

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BOOK SYNOPSIS

Globe and Mail-bestselling author, blogger, and holistic nutritionist Joy McCarthy returns with 10-day detox and 100 new detox-friendly recipes to feel fabulous every day. Joyous Detox is a healthy plan to detox naturally by following a whole foods-based diet that emphasizes specific detox-friendly foods that are simply delicious and fully nourishing. Give your body a break from certain foods, including food additives, sugar, dairy, gluten, bad fats, and toxins. Like the thousands who have made the choice to feel refreshed, healthier, and happier with Joys popular 10-day detox plan, you'll benefit from a revved-up metabolism, banished sugar cravings, improved digestion, increased energy, better sleep, glowing skin and shiny hair, weight loss, increased libido, lowered blood pressure, and more! Discover how good your body was meant to look and feel. Joyous Detox will help you eat and live joyously with 100 filling yet detoxifying recipes. Detox without deprivation while you enjoy Joys Strawberry Oat Mini Pancakes, Juicy Chicken Spinach Burgers, and naturally sweetened treats like Chocolate Chia Mousse. If you are looking for a way to reconnect with healthy eating, you'll find a 2-day reboot plan for times when your diet needs a quick adjustment, and a full 10-day detox plan (omnivore, vegetarian, and vegan) that can easily be extended for any number of weeks. You'll feel so amazing that you'll want to follow Joys detox plan all year long--and that's great too! In just 10 days, you're sure to feel nourished and inspired to live a healthy lifestyle.

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