



Raw and Simple Detox: A Delicious Body Reboot for Health, Energy, and Weight Loss

Judita Wignall

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Raw & Simple Detox is a guide to help you detoxify your body with simple, nourishing foods. Get your detox started with information on how to set up your kitchen, raw food techniques, and lifestyle advice. Then, use the 100 recipes included to improve your health, energy, immune system, memory, and digestion. Shopping lists, meal plans, and menus are included to help you easily plan meals and combine recipes for maximum effect. Whether you want to go on a day-long, multiple-day, or week-long cleanse, or add detoxifying meals to your regular diet, Raw & Simple Detox will help you reset your eating habits and live a healthier life!

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