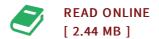




21 Pounds in 21 Days: The Martha s Vineyard Diet Detox (Paperback)

By Roni Deluz, James Hester

HarperCollins Publishers Inc, United States, 2009. Paperback. Book Condition: New. Reprint. 231 x 183 mm. Language: English. Brand New Book ***** Print on Demand *****. Detox diets are making news as the quickest, easiest way to shed pounds, boost your energy, and get yourself on a wellness track. Popular in the 1970s, cleansing fasts are again all the rage among celebrities like Gisele Bundchen, Gwyneth Paltrow, Stella McCartney, and Madonna. One of the key advocates of the health benefits of cleansing detoxes is Roni DeLuz, ND, a licensed naturopathic and health practitioner at Martha s Vineyard Holistic Retreat, part of the renowned Martha s Vineyard Inn. Meals consist of supplement-laden drinks, herbal teas, thick, delicious vegetable purees, and live juices, along with nutritional supplements, vitamins, and enzymes designed to keep the body s systems stable and its cells nourished while harmful toxins are flushed out. The Martha s Vineyard Diet Detox isn t just for those looking to lose weight; everyone can benefit from this revolutionary detox diet that results in a clean, refreshed system that functions at its best.



Reviews

This book is definitely not effortless to begin on reading through but extremely fun to read. Sure, it can be enjoy, continue to an amazing and interesting literature. I realized this book from my dad and i recommended this pdf to understand.

-- Ezequiel Schuster

Very helpful to all category of folks. It is actually rally exciting through studying time. I am easily will get a delight of looking at a created ebook.

-- Prof. Isaiah Harber

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Hodder Stoughton General Division, United Kingdom, 2011. Paperback. Book Condition: New. 196 x 130 mm. Language: English. Brand New Book. Every parent wants their child to achieve their full potential. Whatever your child s interest or inclination, from art to music,...



Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities (Paperback)

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 \times 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...



The Frog Tells Her Side of the Story: Hey God, I m Having an Awful Vacation in Egypt Thanks to Moses! (Hardback)

Broadman Holman Publishers, United States, 2013. Hardback. Book Condition: New. Cory Jones (illustrator). 231 x 178 mm. Language: English. Brand New Book. Oh sure, we ll all heard the story of Moses and the ten plagues of Egypt a hundred times....



A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 178 mm. Language: English. Brand New Book ***** Print on Demand *****. The ultimate learn-by-doing approachWritten for beginners, useful for experienced developers who want to sharpen their skills and don t mind...



Readers Clubhouse Set B Safe Streets (Paperback)

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. 231×147 mm. Language: English . Brand New Book. This is volume eight, Reading Level 2, in a comprehensive program (Reading Levels 1 and 2) for beginning readers. Two nine-book sets teach...



Odd, Weird Little (Paperback)

Egmont USA, United States, 2015. Paperback. Book Condition: New. Reprint. 190 x 132 mm. Language: English. Brand New Book. New in paperback! * At last: a humorous, useful and pedantry-free book about bullying! -- Kirkus Reviews (starred) Readers who love Louis...