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they regularly use that make use of a wide variety of vegetables, lean proteins, and whole grains. Cooking a soup slowly allows nutrients to be easily digested, without losing the valuable fiber.

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foundational tool to optimize your

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wellness and encourage weight loss." —Jen Widerstrom, Fitness expert, TV personality and trainer on NBC's The Biggest Loser "Your diet is a crucial part of sustaining positive mental health, and The Soup Cleanse can help align your body and mind.

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program, you'll learn how to
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while flooding it with essential
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It's incredibly satiating, very
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'The Soup Cleanse,' a new cookbook, helps you lose weight

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You don't have to do the 3-day
cleanse, but even just stock the
soup and a few bottles in your
fridge for when you're on the run,
have no time to meal prep. Meal-
in-a-bottle. Challenge your
training bestie to do a 3-day

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on the other side, refreshed and
mentally stronger than ever.
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set out to create Soupure, the LA-based soup company at the forefront of the souping movement, they wanted to share the power of healing soups with the world. With a few simple, delicious recipes they've helped people lose weight, boost their

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energy, and feel better every day. Now with THE SOUP CLEANSE they are bringing their satisfying, 100 percent good-for-you, whole food-based soups straight into your kitchen. With more than 50 delicious recipes and a flexible, easy-to-follow detox program,

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you'll learn how to nourish and purify your body while flooding it with essential nutrients. You will sip your way through high-fiber soups packed full of regenerative whole food ingredients. Unlike juicing and many other quick-fix diets, THE SOUP CLEANSE is built

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on simple, satisfying recipes that won't leave you feeling hungry or deprived, making it accessible and easy to stick to-even for those with the busiest lifestyles. Get ready to rejuvenate, revitalize, and reclaim your health-one sip at a time!

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the world. With a few simple, delicious recipes they've helped people lose weight, boost their energy, and feel better every day. Now with THE SOUP CLEANSE they are bringing their satisfying, 100 percent good-for-you, whole food-based soups straight into

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your kitchen. With more than 50 delicious recipes and a flexible, easy-to-follow detox program, you'll learn how to nourish and purify your body while flooding it with essential nutrients. You will sip your way through high-fiber soups packed full of regenerative

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whole food ingredients. Unlike juicing and many other quick-fix diets, THE SOUP CLEANSE is built on simple, satisfying recipes that won't leave you feeling hungry or deprived, making it accessible and easy to stick to-even for those with the busiest lifestyles.

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Get ready to rejuvenate,
revitalize, and reclaim your health-
one sip at a time!

A noted author offers a diet plan
that incorporates a low GI diet,
meal spacing and meal
replacements to help dieters lose

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20 pounds in a month and a half.
150,000 first printing.

Are you ready to lose weight and
transform your body, mind, and
spirit in just ten days? If so,
Jordan Rubin, one of America's
most recognized and respected

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natural health experts, has a
revolutionary approach to help
you win the battle of the bulge
and experience a true health
breakthrough. Combining the
Bible's ancient wisdom with the
best of modern science, The
Maker's Diet Revolution unveils

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an eating plan that can help you shed unwanted pounds while cleansing and detoxifying your body. More than just a diet, The Maker's Diet Revolution will help you power your mind, supercharge your spirit, and walk in a lifetime of favor and

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includes the 10-Day
Transformation journal that is
uniquely customized to bring you
spiritual refreshing and
encouragement during the
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experience.

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Eat well. Live well. Thrive. Based on decades of research and experience, Marlyn Diaz shares case studies, sound science and simple strategies designed to change your life.

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Good Health 'The beauty of the G
Plan is that it's about
abundance...You'll be surprised
how quickly positive affects
appear!' - Top Sante 'G Plan the
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weight never felt so good. Do you want to lose weight easily and healthily? Do you want to improve your gut health? Do you want to increase your energy and vitality at the same time? The latest research in nutrition suggests that if you want to lose weight for

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good, you need a healthy gut with a diversity of good bacteria. Beginning with a digestive 'rest' and including the 10 best gut healthy foods, the 21 day plan will help you say goodbye to bloating and discomfort, lose even stubborn weight and look

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forward to increased energy,
clear skin and improved mood.
Over 40 recipes are included that
are quick and easy to prepare,
and success stories are featured
throughout. The G Plan Diet is
weight loss+.

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A practical and inspiring guide to the hottest trend in cleansing— with 60 nutritious, satiating recipes and targeted detox plans for a lean body, sparkling mind, and renewed energy. È

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Souping is a new way to cleanse and detoxify the body. Compared to juicing and juice cleansing, which are both high in sugar and less satisfying than soup, souping combines the health benefits of whole foods and a wide array of soups (hot and cold) for a more

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Satisfying and healthier way to
cleanse and detoxify the body,
lose weight, boost energy, and
much more. Souping is a new
cookbook that is packed with over
100 delicious and incredibly
healthy soup recipes that can be
eaten on the go, along with

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Unique cleansing programs for losing weight, detoxifying the body, improving hair and skin, boosting immunity, boosting energy, and improving overall health. You will learn to make satisfying soups that use whole ingredients, and to follow

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Programs that range from one to seven days, while never offering the same menu twice. The recipes include hot and cold soups, as well as soups that are savory, sweet, filling, energizing, refreshing, and calming. Each recipe is simple to make and

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Includes step-by-step instructions for making and storing each soup, the nutritional breakdown, and an explanation of the health benefits of the key ingredients of each soup. Cleansing plans include day-by-day menus using a breakfast, lunch, and dinner format.

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Jump-start your metabolism, turn on your fat-burning hormones, and bring calm to your body and mind with the remarkable, scientifically proven powers of weight-loss teas. Join food journalist Kelly Choi and the New

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York Times bestselling authors of
Eat This, Not That! as they unlock
the science of tea, and discover
how different forms of this
healing plant can help change
your life. From metabolism-
boosting green tea to fat-blocking
white tea to the multi-powered

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chai, you'll learn how to time your tea intake throughout the day, ensuring your body is burning fat and staying strong 24/7. All the while, you'll get to enjoy delicious tea-based smoothies and indulgent dinners (yes, you get to eat on this cleanse!). In just one

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week, you will lose up to 10
pounds of stubborn abdominal
weight look and feel leaner and
lighter, without grueling exercise
reset your metabolism to help
make weight-loss long-lasting and
automatic sleep more soundly
and feel more energized

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dramatically reduce your risk of diabetes and heart disease beat stress and bring complete calm to your mind Are you ready to look slimmer, healthier, and sexier than you have in years-in just one week' Then you're ready for The 7-Day Flat-Belly Tea Cleanse.

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From the former head chef of London's renowned NOPI comes a soup cookbook unlike any other; with a focus on the revitalizing health benefits of soup, Ultimate Soup Cleanse offers over sixty delicious, healthy, restorative

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soup cleanse recipes to fit any lifestyle. There is just something about soup: it has the ability both to revitalize and to soothe; it's packed with nutrition and offers variety, deliciousness, and comfort; it's also a fantastic aid for weight-loss and improving

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can do for you in this healthful
guide packed with over sixty
delicious, nutritious recipes, all
organized into four different
categories of soup
cleanses—Reduce, Restore,
Renew, and Resolve. Recipes as

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varied as asparagus mimosa
soup, saffron broth with prawns,
and smoked aubergine and kefir
soup are all part of the Reduce
cleanse, proving that losing
weight by eating nutritious, filling
soups is not only possible, but
also delicious. And hot cucumber

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with barley soup and wild garlic & baby spinach with olive soup are both tasty, healthy meals as part of the two-day Resolve cleanse and perfect to attempt over the weekend. If you're feeling more ambitious, you could sample an array of recipes from the five-day

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Renew cleanse, such as barley
bone broth, mussels and leek
soup, or wild rice, edamame, and
rainbow chard soup. Whether
you're swapping a stale sandwich
at lunchtime for a vibrant bowl
full of grains and greens that will
help you lose weight, or relaxing

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at home over a velvety blend of Jerusalem artichoke and fennel soup to help strengthen digestion—it's always the right time for soup.

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