



Detox : The 3 Day Total Detox Cleanse: Easily Lose up to 10 Pounds in Just 3 Days!

Michelle Sigouin

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This is the ultimate detox cleanse for your busy life!

Detoxing for only 3 days will really jump-start your body. It will clean out all the toxins that have accumulated in your body and help you

- Lose Weight
- Increase your Energy
- Boost your mental and emotional clarity

Detoxing even helps prevent chronic disease and improve the health of your skin, which helps slow premature aging!

This book will give you comprehensive information on how to perform a 3 day total detox cleanse that will help you lose up to 10 pounds in just 3 days.

One of the reasons you cannot lose weight is simply because of the environmental toxins that are ‘stuck’ deep in your body.

During my 185 pound weight loss journey I found that performing regular detoxes helps kick start your weight loss and get you out of that plateau you've been stuck in. It also increases your energy and lifts your mood.

In this book I outline 2 detox plans that you can follow that have been proven to work!

I will walk you through:

- The Basics - What Are Toxins?
- Signs That Your body Needs To Detoxify
- How Toxins Cause Weight Gain
- Why You Need To Detoxify
- How To Prepare Your body For Detoxification
- Liquid Detox
- Meal Plan Detox

If you are ready to detox and start losing weight and feeling great then this is the book for you!

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