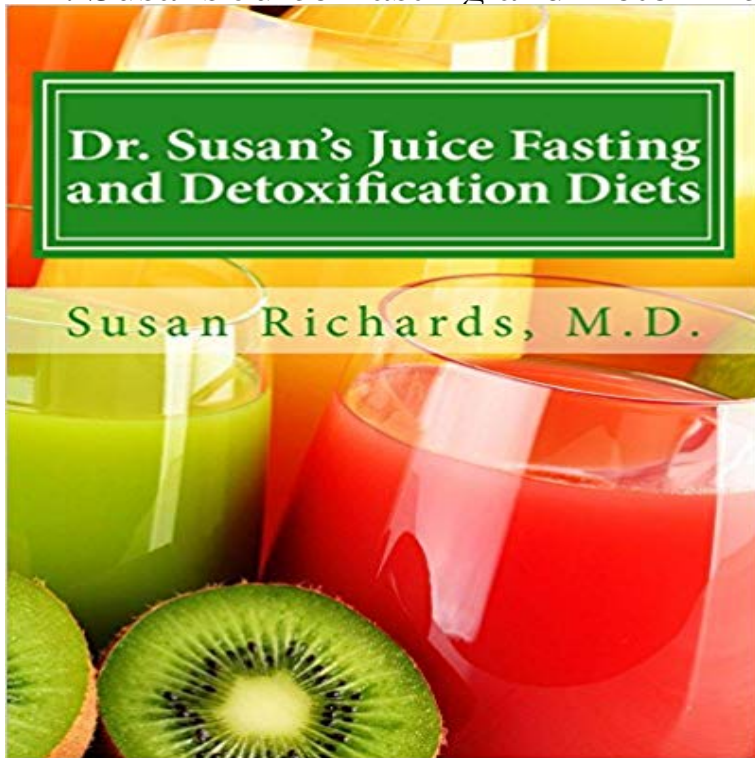


Dr. Susans Juice Fasting and Detoxification Diets



Did you know that juice fasting and detoxification diets can create incredible energy and vitality, a clear, sharp mind and balanced mood? Would you like to lose extra pounds and have stronger immunity and be free from a wide variety of chronic health conditions? Then, Dr. Susans Juice Fasting and Detoxification Diets is the one book that you must have! Susan Richards, M.D., one of the most acclaimed medical doctors in the field of alternative medicine, has created the ultimate and most beneficial guide to healthy juice fasting and detoxification diets. Her incredible new book will help you achieve the optimal health and wellness that you are meant to enjoy. Many thousand of her patients have benefited greatly from her juice fasting and detoxification diet programs and were thrilled to regain their health and wellness Now she shares her incredible programs with you! In her book, Dr. Susans Juice Fasting and Detoxification Diets, Dr. Richards discusses how detoxification works within the body and how it benefits your health and well-being.

Most importantly, she shares with you her detoxification diet, modified fasting and juice fasting programs that have helped restore many thousands of her patients to great health. Her book includes 110 of her incredible and delicious juice fasting and detoxification diet recipes and helpful tips for their preparation and types of juicers and blenders. You will learn about the best fruits, vegetables and herbs for juice fasting and detoxification diets as well as an in-depth discussion of their nutritional and health benefits. She also shares with you helpful guidelines on how to do juice fasting and detoxification diets to create the best success when doing these programs. The book is gorgeously illustrated with the most beautiful color pictures to show you her incredible dishes to help you with your preparation. You will love and greatly benefit from this incredible book for years

to come!

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