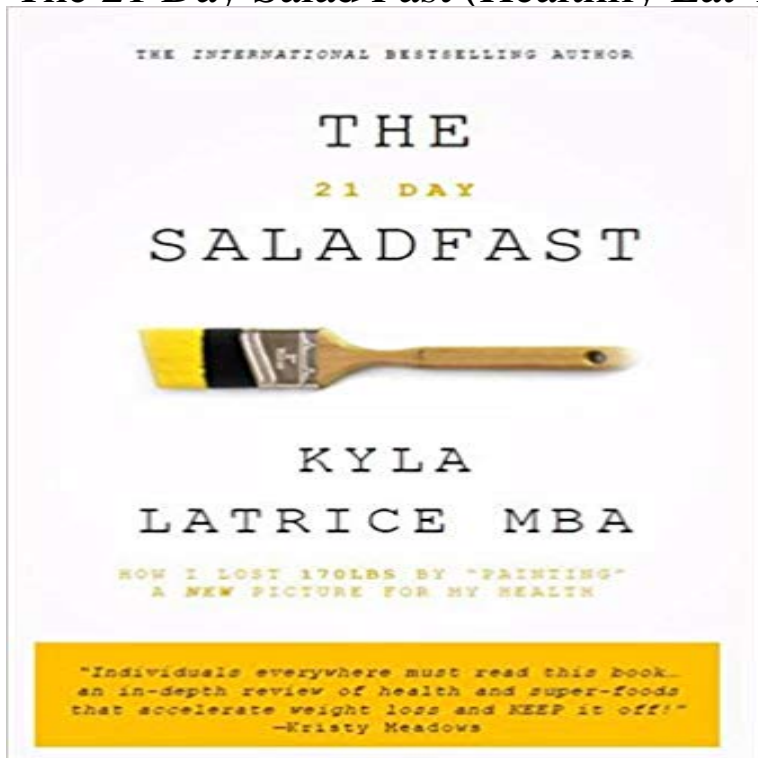


# The 21 Day Salad Fast (Healthily Eat Your Way Thin)



This cookbook is dedicated to men and women around the world that have dealt with or are beginning to deal with obesity or those whom simply want to loose weight, get healthy and get fit once and for all. I share my 170 lbs of weight loss secrets with you and how I was obese twice, ridiculed, looked down upon and even rejected. In this cookbook I help get you started on being free. A collection of my tips, tricks and health notes along with salad recipes will help you do just that. In addition, health notes have been added about which fruits to eat to help you live longer, have clearer skin, sleep better, help fight the common cold, cancer, depression, lower cholesterol, grow your hair, help with digestion and vision loss, aid in memory boosting, help fight aging and wrinkles, curb your appetite, eat on a dime, exercise less and still reach your weight loss goals and more. Its simply the ultimate health guide for men and women. This cookbook is also available around the world in airports, grocery stores, global retailers and department stores. Further, this cookbook has been made available on mobile devices via Adobe Digital Editions and DRM (Digital Rights Management), in general and for travelers and for when youre on-the-go. Image Credits: FreeDigitalPhotos.net

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