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The 5-Day Real Food Detox: A Simple, Delicious Plan for Fast Weight Loss, Banished Cravings, and Glowing Skin

By Nikki Sharp

Ballantine Books, United States, 2016. Paperback. Book Condition: New. 229 x 185 mm. Language: English . Brand New Book. Discover the safe, effective, delicious cleanse that took Instagram by storm! This 5-day detox program allows you to eat whole, nutrient-rich foods and feel satisfied and energized while dropping pounds! As a professional model, Nikki Sharp traveled constantly, barely slept, skipped meals, and relied on quick fixes to stay skinny, all of which took a toll on her physical and emotional health. Realizing she needed to make a serious change, she began to study integrative nutrition and learned that the key to weight loss, radiant skin, and overall well-being is not starving yourself but eating. That's right: eating! Sharp created her detox plan based on the knowledge that in the right combinations, real whole foods grains, vegetables, fruits, and spices can aid digestion, burn body fat, flush out toxins, reduce bloating, banish fatigue, and clear up acne. Unlike other cleanses, The 5-Day Real Food Detox allows you to eat five times a day and shed a pound a day with meals and snacks developed by Sharp (and backed by a nutritionist and a registered dietician). Even better, the recipes, including...



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Reviews

Undoubtedly, this is the best function by any writer. This really is for those who statte there was not a really worth reading. Its been written in an exceptionally basic way which is merely right after i finished reading through this book by which really transformed me, change the way i really believe.

-- **Dr. Deonte Hammes DDS**

I just started looking over this ebook. I could possibly comprehended everything out of this published e publication. You are going to like the way the author compose this publication.

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