



The Master Cleanse Coach: Expert Coaching for You and Your Friends

By Peter Glickman

Peter Glickman. Paperback. Book Condition: new. BRAND NEW, The Master Cleanse Coach: Expert Coaching for You and Your Friends, Peter Glickman, Weight loss has become a national problem that continues to grow. Detoxification is also getting more attention every day as people realize just how many toxins, pesticides and food allergies are part of everyday life. But what most people do not realize is that these are two sides of the same problem. The body protects itself from these toxins by storing them primarily inside fat cells. So, eliminate the toxins and the weight comes off. Continue to consume toxins, pesticides and ignore food allergies and the weight piles on. Nearly half a century ago, the first detoxification diet, the Master Cleanse, was published by Stanley Burroughs. Since then hundreds of thousands of people have done it. Glickman promotes the same regimen, but adds information on what to expect, which days might be difficult and what to do to overcome those difficulties. Peter Glickman's first book on the Master Cleanse in 2004 sparked a revival and was translated into 8 foreign languages. This book will make the Master Cleanse go viral. Based on Glickman's coaching of more than 2,000 people...



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