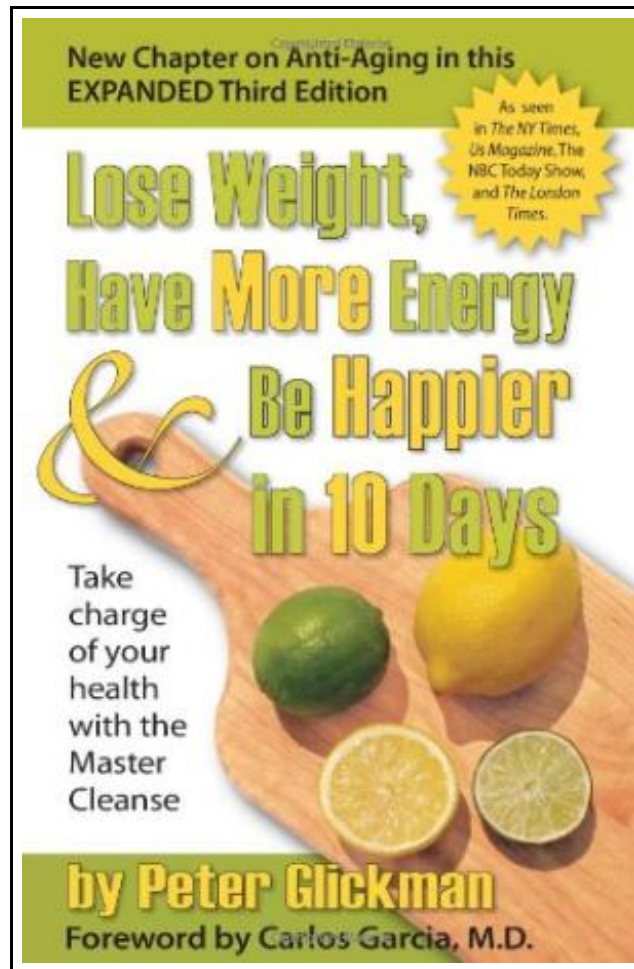


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Peter Glickman. Paperback. Book Condition: new. BRAND NEW, Lose Weight, Have More Energy and be Happier in 10 Days: Take Charge of Your Health with the Master Cleanse (3rd Revised edition), Peter Glickman, Carlos M. Garcia, Lose Weight, Have More Energy and Be Happier in 10 Days doesn't sound possible, but most people who have completed the Master Cleanse swear by it. If you are like most people, you want answers to your increasing health problems, but have less money to spend on gyms, expensive weight loss programs and pills. You want a simple and inexpensive way to regain your energy and vitality and you want to avoid becoming the next American death statistic due to obesity, heart disease, diabetes or high blood pressure. Our health care system has not been able to reduce obesity, cancer and heart disease even with all the money that has been spent. Perhaps that's because it takes the approach that your doctor or hospital is responsible for your health, not you; prevention is confusing or impossible; and the best cure is the latest pill, shot or surgery. If you want to take charge of your health and are sick and tired of being tired, this book is for you. While no one can guarantee that the Master Cleanse will cure your ills, fasting (and the Master cleanse is a juice fast) has been used to restore and rejuvenate the body and mind for thousands of years across all continents. There are even some scientific studies that show that severely restricted calorie diets produce anti-aging results! The author is uniquely qualified to write this book (the first new book on the Master Cleanse in nearly 30 years). He put up the first Master Cleanse forum on the Internet in 2003, which has grown to more...



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