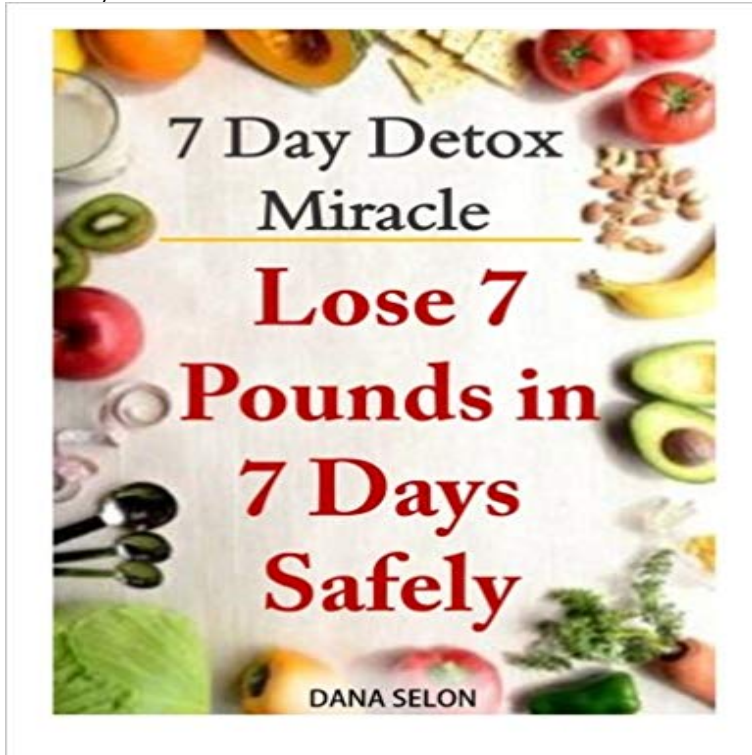


## 7 Day Detox Miracle: Lose 7 Pounds in 7 Days Safely: Purifying Your Body with the Miracle of Detox



7 Day Detox Miracle: Lose 7 Pounds in 7 Days Safely Purifying Your Body with the Miracle of Detox People become very flustered when they gain weight and don't know how to lose it. It becomes a battle between them and their burgeoning bellies. They start looking for ways to lose weight, but whatever they find doesn't help them. The problems (and their bellies) just keep growing. Then comes a day when they just give up and accept the situation. Now available is a diet that helps you face the situation and not run from it. It's called the 7 Day Detox Miracle Diet to lose 7 pounds eating and drinking healthy meals, teas and shakes. This e-book elaborates on the following subjects: Helps you figure out if you need to use the plan or not Explains on how you can spot the signs of toxic build up in your body Elaborates on the 7 Day Detox Miracle Diet Discusses the toxins found in food and drinks and how they get into your body Prepares you for the diet by giving you a comprehensive list of the types of things you should purchase from the grocery store during the 7 Day Detox Miracle Diet Explains the type of food and drinks you should avoid consuming during the 7 Day Detox Miracle Diet Provides you with a 7 day meal plan, the specific times you should eat and at what time you should eat This detox diet provides with healthy meals, tea and shakes that will cleanse your body from within and help you shed 7 pounds. Therefore, if an event is coming up and you want to look your best in just a few days, this diet is for you.

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