

Kimberly Snyder Beauty Detox Solution

The Beauty Detox Solution

The Beauty Detox Foods

The Beauty Detox Solution

The Beauty Detox Power

The Beauty Detox Foods

The Beauty Detox Solution

Radical Beauty

Recipes for Your Perfectly Imperfect Life

You Are More Than You Think You Are

Younger Next Week

Enchanting Beauty

Evolution

This Is Why You're Sick & Tired (And How to Look and Feel Amazing)

Medical Medium Celery Juice

The 28-Day Gut Health Plan

The 30-Minute Celebrity Makeover Miracle

The 5-Day Real Food Detox

Green Smoothies for Life

Lean and Hard

How Much Does Your Soul Weigh?

The Total ME-Tox

How Not to Die

Radical Beauty

VB6

Devoted

Cleanse Your Body, Clear Your Mind

Superskin

The Essential Oils Menopause Solution

The Smoothie Recipe Book

Eat Well Now: Try Six Bestsellers to Find Your Perfect Diet

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What is the Kimberly Snyder Beauty Detox Solution?

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2008-01-07 Steve Zim Wouldn't you love to have the body of a movie star without spending countless hours working out to get there? Top Hollywood trainer and Weekend Today fitness expert Steve Zim shows you how to sculpt a phenomenal physique faster and easier than you ever thought possible. In just thirty minutes a day, three times a week, Zim's revolutionary combined cardio and weight-training program will help you ramp up your metabolic rate, burn fat faster than conventional workouts, and produce the body of your dreams.

2016-02-11 Michael Greger MD 'This book may help those who are susceptible to illnesses that can be prevented with proper nutrition' - His Holiness the Dalai Lama The international bestseller, Dr Michael Greger's How Not To Die gives effective, scientifically-proven nutritional advice to prevent our biggest killers - including heart disease, breast cancer, prostate cancer, high blood pressure and diabetes - and reveals the astounding health benefits that simple dietary choices can provide. Why rely on drugs and surgery to cure you of life-threatening disease when the right decisions can prevent you from falling ill to begin with? Based on the latest scientific research, How Not To Die examines each of the most common diseases to reveal what, how and why different foods affect us, and how increasing our consumption of certain foods and avoiding others can dramatically reduce our risk of falling sick and even reverse the effects of disease. It also shares Dr Greger's 'Daily Dozen' - the twelve foods we should all eat every day to stay in the best of health. With emphasis on individual family health history and acknowledging that everyone needs something different, Dr Michael Greger offers practical dietary advice to help you live longer, healthier lives. 'Dr Michael Greger reveals the foods that will help you live longer.' - Daily Mail

2011-09-06 Dorie McCubbrey You hold in your hands a life-changing weight control revelation -- a holistic approach to help you overcome all eating and weight problems from anorexia to obesity. This innovative book will shed light on your unsuccessful attempts at dieting and help you begin to heal from the inside out, once and for all! How many "miracle diets" have you tried? How many minutes and hours have you spent worrying about the numbers on the bathroom scale? How many times have you lost weight only to gain it back along with renewed disappointment and frustration? You've worried about how much your body weighs, but have you asked: How Much Does Your Soul Weigh? Dr. Dorie McCubbrey, a weight-issues specialist whose practice boasts a 95 percent success rate, reveals that the weight of your soul may be preventing you from effecting the changes you want to see in your appearance and self-esteem. By starting Dr. Dorie's plan for "Intuitive Self-Care," you can begin to unburden your soul of all the "weighty attitudes" of the diet mentality -- rigid rules, negative self-talk, and unrealistic goals -- that lead to very real feelings of disappointment and hopelessness. With empathy and insight, Dr. Dorie explores and explains the importance of a soulful attitude toward your eating, exercise, and weight. You'll discover: the "games" dieters

play -- and why none of them works the four archetypal weight problems and how to overcome them for good the secrets of naturally thin people -- and how you can incorporate them into your life a 30-day plan of therapeutic "recipes" designed especially to nourish your soul Packed with stories from Dr. Dorie's own 15-year struggle with overeating, anorexia, and bulimia, and the experiences of her clients, How Much Does Your Soul Weigh? shows you how to generate the happiness, health, balance, and confidence that will put your weight worries to rest for good!

2013-03-20 Mendocino Press Delicious, nutrient-packed smoothie recipes to help you improve your health Whether you want to detox, lose weight, or just make sure you get your daily dose of essential vitamins and minerals, drinking a smoothie is a tasty way to do it. This smoothie recipe book makes it quick and easy to naturally get your fill of antioxidants from fresh fruits and vegetables. Fill your glass with vitamins that suit your needs, and discover how sweet being healthy can be. The Smoothie Recipe Book features: 150 Recipes—Make all sorts of fresh and tasty breakfast smoothies, weight-loss smoothies, green smoothies, and more. Chapter overviews—Get help choosing the smoothies that will meet your unique dietary needs and health goals. Ingredient profiles—Gain a better understanding of the nutritional advantages of specific fruits and vegetables. Discover the nutritional power of smoothies with The Smoothie Recipe Book.

2013-12-03 Joe Manganiello "A comprehensive yet straightforward and effective roadmap to better health and fitness" (Shawn Perine, editor in chief of Muscle & Fitness), this accessible guidebook reveals exactly how to get the body of one of Hollywood's hottest stars—promising to turn any Average Joe into a Joe Manganiello. With a build that men envy and women adore, Joe Manganiello is more than qualified to write the end-all guide to sculpting the perfect body. His fit physique catapulted him to the top of the list of Hollywood's most desired male actors following his memorable performances in HBO's hit show True Blood and in the Magic Mike films. In Evolution, Manganiello shares his lifetime of experience and research in terms of diet, cardio, and anatomy to bring you the only fitness book you'll ever need in order to look and feel your best. Featuring black-and-white photographs and Manganiello's step-by-step workout routine that combines weights, intense cardio, and a high protein diet.

2012-01-01 Kimberly Snyder Nutritionist and beauty expert Kimberly Snyder helps dozens of A-list celebrities get red-carpet ready -- and now you're getting the star treatment. Kim used to struggle with coarse hair, breakouts and stubborn belly fat, until she traveled the world, learning age-old beauty secrets. She discovered that what you eat is the ultimate beauty product, and she's developed a powerful program that rids the body of toxins so you can look and feel your very best. With just a few simple diet changes, you will: Get a youthful, radiant glow; Banish acne, splotchy skin and wrinkles; Grow lustrous hair and strong nails; Get rid of the bloat, melt away fat and never

count calories again!

2015-11-19 Dr. Manisha Kshirsagar Dr. Manisha Kshirsagar brings her vast knowledge of Ayurvedic medicine together with her expertise as an esthetician to give us the foundation for beauty that radiates from the inside out. A life long guide to inner and outer beauty. - Deepak Chopra, MD Enchanting Beauty by Dr. Manisha Kshirsagar is an excellent Ayurvedic guidebook for promoting inner and outer beauty, happiness and health for women of all ages. It is an important addition to the existing Ayurvedic literature and adds much new information and insight in an easy accessible form. - David Frawley, Author of The Yoga of Herbs

2023-01-10 Kimberly Snyder Best-selling author Kimberly Snyder shows that enlightenment is accessible to anyone in this life-changing guide inspired by the teachings of Yogananda. Many of us think that we just aren't enough. Not good enough, not pretty enough, not rich enough, and not happy enough. But just because we think something doesn't mean it's true. You Are More Than You Think You Are teaches you how to revise your belief system, fulfill your deepest dreams and desires, and create an epic, successful, and inspiring life. Unlocking your True Self is the key to new levels of joy, beauty, and peace. But what is the True Self, and how can you realize its infinite potential? In this easy-to-read book, Kimberly Snyder answers these questions and shows you how to tap into this unstoppable force to transform every aspect of your life for the better. Drawing inspiration from the teachings of the great guru Paramahansa Yogananda along with personal stories and the latest scientific research, Kimberly offers simple exercises, potent ancient practices, and in-depth meditations to help you overcome negative beliefs and see yourself as you truly are—a goddess, a warrior, a lover, and a creator of your extraordinary destiny.

2012-03-27 Jeffrey Morrison M.D. "Cleanse Your Body, Clear Your Mind teaches how to clean out your body, and in the process a metamorphosis happens: good health returns, weight normalizes, and the mind becomes clearer. A toxic body is not able to access quality of life. This is a great, important, timely, well-researched book." -Suzanne Somers Modern life is toxic. The average person accumulates more than 700 harmful chemicals in his or her body, making us fat, sick, and tired. But there's a safe, simple solution that brings noticeable results in as little as ten days. Debunking the myth that you have to drink odd concoctions or eat weird food to jump-start your body's natural detoxification, the clinically proven plan in this book eases symptoms from chronic ailments like allergies and autoimmune diseases as well as daily annoyances such as brain fog, fatigue, and insomnia—without strictly restricting your diet or lifestyle. Complete with a symptom-specific quiz that helps target specific areas for improvement, Dr. Morrison's customizable, inexpensive program helps reverse the symptoms of toxicity, drop excess weight, and keep your body healthy.

2015-04-28 Jackie Warner If you had more energy, what would you do? Recharge your body with a burnout-beating plan from the celebrity trainer and New York Times–bestselling author. Stop saying “If only . . .” and get yourself on track to health, happiness, and that youthful glow you thought you lost forever. Jackie Warner, personal trainer to the stars, has the answer to the energy crisis in your life, and it’s not in the next cup of coffee you’re reaching for. It’s getting rid of your energy-sapping lifestyle. This Is Why You’re Sick and Tired goes to the root of your energy problem to give you the tools you need to rehabilitate your body on the cellular level and target the cells and hormones critical to energy, vitality, and weight loss. Each week of this three-phase plan offers a new diet and exercise program that alters chemistry in stages, working with your brain and body to balance and release a new set of chemicals and patterns. The diet has been carefully coupled with a progressive style of training that adapts and changes each week along with your foods and your body chemistry. Once you’ve completed the reset, you’ll be fully prepared to live a new, energetic, positive lifestyle!

2013-12-06 Kimberly Snyder In her bestselling book, The Beauty Detox Solution, Kimberly Snyder—one of Hollywood's top celebrity nutritionists and beauty experts—shared the ground-breaking programme that keeps her A-list clientele in red-carpet shape. Now you can get the star treatment with this guide to the top 50 beauty foods that will make you more beautiful from the inside out. Stop wasting your money on fancy, expensive beauty products and get real results, while spending less at your neighbourhood grocery. - Enjoy avocados and sweet potatoes for youthful, glowing skin - Snack on pumpkin seeds for lustrous hair - Eat bananas and celery to diminish under-eye circles With over 85 recipes that taste as good as they make you look, you can finally take charge of your health and beauty—one delicious bite at a time

2016-12-27 JJ Smith "30 days to quick and lasting weight loss"--Cover.

2002 Kathryn Marsden A comprehensive guide to understanding, pampering, and preserving your skin at every age.

2021-04-20 Mariza Snyder Alleviate the symptoms of perimenopause and menopause with simple and safe DIY diffusions, tonics, and tinctures made with essential oils, from “a true innovator and thought leader in the field of women’s hormone health” (JJ Virgin, New York Times bestselling author of The Virgin Diet). What if menopause didn’t have to be a struggle? Your body is always changing—necessarily and beautifully—throughout life. During menopause, however, declining ovarian function and fluctuating hormones often clash with environmental toxins, stress, and digestive distress, leading to the symptoms we have been told we should expect: hot flashes, weight gain, brain fog, low libido, and irritability. But as women’s hormonal health expert and bestselling author Dr. Mariza Snyder explains, you can and deserve to experience a good night’s sleep, clear thinking,

stable moods, an energized metabolism, and pain-free sex. The solution is not to medicate the changes, but instead get to the root cause of what’s really going on in the body. In The Essential Oils Menopause Solution, Dr. Mariza offers a cutting-edge, comprehensive plan to do just that, including: • a clear explanation of what’s happening in your body before, during, and after “the change,” and how certain lifestyle triggers exacerbate hormonal imbalance. • the latest science behind the benefits of essential oils as safe, effective solutions for perimenopause and menopause symptoms. • more than 75 recipes and protocols designed to provide solutions for deep, restful sleep, anxiousness, mood swings, fatigue, hot flashes, low libido, brain fog, vaginal dryness, digestive distress, and much more. • a proven 21-day hormone-balancing program complete with meal plans, exercise recommendations, supplementation, and herbal therapies designed to reverse the myriad of symptoms affecting millions of women today. • easy self-care rituals to support every system of your body—from digestion and vaginal health to mitochondrial and liver function—throughout the perimenopausal and menopausal transition. Dr. Mariza Snyder is committed to helping women feel their best; her work is dedicated to solutions that heal a woman’s health from the ground up. In as little as twenty-one days, The Essential Oils Menopause Solution will help you reclaim vibrant, optimal, and long-lasting health.

2012-11-06 Hilary Duff When her recently discovered soulmate Sage is kidnapped, photojournalist Clea Raymond makes an uneasy alliance with his enemies, not knowing if he is dead or alive, in a desperate attempt to be reunited with him.

2019-02-19 Kimberly Snyder, C.N. The New York Times bestselling author of the Beauty Detox series, nutritionist, and personal development expert Kimberly Snyder offers us a powerful new guide to help us feel good, eat well, dispel insecurities, and increase our love of life. Feeling good is not about having a picture-perfect life with a flawless body, job, and family. We can have those things and still feel deeply unhappy. Joy and true confidence come by finding a level of inner peace in our messy, perfectly imperfect lives. In this beautiful, inspirational, and highly anticipated new book, Kimberly Snyder shares not only her amazing new food recipes but also practical tips for living a happy and fulfilling life. As Snyder teaches, the key is to live beyond labels, heal body shame, and move past self-judgment. By embracing life's ups and downs and learning to tune into our intuition, we can ultimately claim our right to feel good, just as we are. With dozens of life lessons and more than 100 plant-based recipes for smoothies, soups, snacks, and entrées, Recipes for Your Perfectly Imperfect Life invites us to find inner peace and acceptance, and teaches us how a healthier mind and body can give us strength to thrive in all parts of our lives.

2013-12-31 Elisa Zied An award-winning dietitian, nutritionist and wellness expert provides a 7-Day Vitality Plan, complete with menus,

exercise guidelines and lifestyle solutions, that will help women feel and look younger in just one week. Original.

2011-02-17 Mackie Shilstone Mackie Shilstone is an expert in getting world-class professional athletes as well as ordinary people into peak shape in record time, helping them tone their bodies and maximize lean muscle. Now Shilstone lays out his time-tested, medically sound strategies for building lean muscle with his “work out smarter, not harder” plan for training rotation, nutrition, and state-of-the-art supplements.

2016-09-22 Deepak Chopra "Dr Deepak Chopra, bestselling author of Reinventing the Body, Resurrecting the Soul, and Kimberly Snyder, superstar nutritionist and bestselling author of The Beauty Detox Solution, offer an exciting and practical programme to help transform you from the inside out. Through six pillars of healthy living that focus on such topics as internal and external nourishment, sleep, living naturally, avoiding excessive stress, and better understanding the relationship between emotions and inflammatory foods, the authors offer 'radical routines' and 'radical foods' that will have the best impact on your body and mind. By revealing the latest information on new key vitamins for your metabolism, the use of healthy skincare ingredients, how skin oiling and self-massage can nourish the nervous system, and how positive emotion-based living and peace foster natural and timeless beauty, Chopra and Snyder will help you develop a more healthy body and mind, as well as increase your natural glow, magnetic presence and radiant vitality."

2016-09-22 Deepak Chopra Dr Deepak Chopra, bestselling author of Reinventing the Body, Resurrecting the Soul, and Kimberly Snyder, superstar nutritionist and bestselling author of The Beauty Detox Solution, offer an exciting and practical programme to help transform you from the inside out. Through six pillars of healthy living that focus on such topics as internal and external nourishment, sleep, living naturally, avoiding excessive stress, and better understanding the relationship between emotions and inflammatory foods, the authors offer 'radical routines' and 'radical foods' that will have the best impact on your body and mind. By revealing the latest information on new key vitamins for your metabolism, the use of healthy skincare ingredients, how skin oiling and self-massage can nourish the nervous system, and how positive emotion-based living and peace foster natural and timeless beauty, Chopra and Snyder will help you develop a more healthy body and mind, as well as increase your natural glow, magnetic presence and radiant vitality.

2015-03-31 Kimberly Snyder Outlines diet and lifestyle recommendations based on the best-selling The Beauty Detox Solution and The Beauty Detox Foods, explaining how to align the mind and body to lose weight, conquer cravings and promote optimal health. Original.

2013-04-30 Mark Bittman If you're one of the millions who have thought of trying a vegan diet but fear it's too monotonous or unfamiliar, VB6 will introduce a flexible way of eating that you can really live with for life. Six years ago, an overweight, pre-diabetic Mark Bittman faced a medical directive: adopt a vegan diet or go on medication. He was no fan of a lifelong regimen of pills, but as a food writer he lived—and worked—to eat. So neither choice was appealing. His solution was a deal with himself. He would become a “flexitarian.” He adopted a diet heavy in vegetables, fruits, and grains by following a healthy vegan diet (no meat, dairy, or processed foods) all day. After 6:00 p.m. he'd eat however he wanted, though mostly in moderation. Beyond that, his plan involved no gimmicks, scales, calorie counting, or point systems. And there were no so-called forbidden foods—he ate mostly home-cooked meals that were as varied and satisfying as they were delicious. He called this plan Vegan Before 6:00 (VB6 for short), and the results were swift and impressive. Best of all, they proved to be lasting and sustainable over the long haul. Bittman lost 35 pounds and saw all of his blood numbers move in the right direction. Using extensive scientific evidence to support his plan, the acclaimed cookbook author and food policy columnist shows why his VB6 approach succeeds when so many other regimens not only fail, but can actually lead to unwanted weight gain. He then provides all the necessary tools for making the switch to a flexitarian diet: lists for stocking the pantry, strategies for eating away from home in a variety of situations, pointers for making cooking on a daily basis both convenient and enjoyable, and a complete 28-day eating plan showing VB6 in action. Finally, Bittman provides more than 60 recipes for vegan breakfasts, lunches, and snacks, as well as non-vegan dinners that embrace the spirit of a vegetable- and grain-forward diet.

2017-08-24 Jacqueline Whitehart Get Gut Healthy, Eat Well, Eat Different Many modern Brits are struggling not only with their weight but also with a sensitive gut. Food intolerances and digestive problems are on the rise. The 28 Day Gut Health Plan is an innovative book explaining how our modern diet and reliance on processed foods has decimated the good bacteria in our gut. This is not a book of science, rather a dedicated and simple 28 day plan that anyone can follow to improve their gut health and lose weight. - Easy to follow 28 Day Plan - Good vs Bad Bacteria - Gut Health and Weight-loss Tracker - Tailored Recipes for the Programme With a practical and light-hearted approach, the Plan will be full of helpful tips and advice and packed with Jacqueline's own fresh, healthy and delicious recipes.

2019-05-21 Anthony William Celery juice is everywhere for a reason: because it's saving lives as it restores people's health one symptom at a time. From celebrities posting about their daily celery juice routines to people from all walks of life sharing pictures and testimonials of their dramatic recovery stories, celery juice is revealing itself to ignite healing when all odds seem against it. What began decades ago as a quiet movement has become a global healing revolution. In Celery Juice: The Most Powerful Medicine of Our Time Healing Millions

Worldwide, Anthony William, the originator of the global celery juice movement, introduces you to celery juice's incredible ability to create sweeping improvements on every level of our health: • Healing the gut and relieving digestive disorders • Balancing blood sugar, blood pressure, weight, and adrenal function • Neutralizing and flushing toxins from the liver and brain • Restoring health in people who suffer from a vast range of chronic and mystery illnesses and symptoms, among them fatigue, brain fog, acne, eczema, addiction, ADHD, thyroid disorders, diabetes, SIBO, eating disorders, autoimmune disorders, Lyme disease, and eye problems After revealing exactly how celery juice does its anti-inflammatory, alkalizing, life-changing work to provide these benefits and many more, he gives you the powerful, definitive guidelines to do your own celery juice cleanse correctly and successfully. You'll get instructions on how to make the juice, how much to drink, when to drink it, and what to expect as your body begins to detox, plus answers to FAQs such as "Is it safe to drink celery juice while pregnant or breastfeeding?", "Is blending better than juicing?", and "Can I take my medications with it?" Here is everything you need to know--from the original source--to receive the full gift of what Anthony calls "one of the greatest healing tonics of all time."

2017-05-02 Beth Behrs Actress Beth Behrs of 2 Broke Girls presents a lighthearted, down-to-earth, and holistic wellness guide to giving up the junk food junkie lifestyle and achieving physical and emotional health. Before hitting her stride as one of Hollywood's hottest rising stars, Beth Behrs was a junk-food-loving couch potato, high-strung and stressed out. And then one day, she decided she'd had enough: she was going to take back her life. Beth began with simple steps that led to big changes-and now she wants to help readers do the same. In The Total ME-Tox, Beth shares her journey toward wellness, along with easy-to-follow healthy recipes, shrewd shopping tips, and fun living-room fitness routines (a.k.a. "Meh Workouts") designed to revitalize and inspire even the laziest among us. As entertaining as it is instructive, The Total ME-Tox is an achievable program for looking and feeling great about yourself.

2013-03-26 Kimberly Snyder Snyder, author of the bestselling "The Beauty Detox Solution" and one of Hollywood's top celebrity nutritionists and beauty experts, shares the top 50 beauty foods that will make readers more beautiful from the inside out.

2016-08-10 Kimberly Snyder

2013-05-01 Kimberly Snyder Looking for the ultimate secret to health and beauty?

2013-12-15 JJ Virgin Discover the wellness program that's right for you! With so many choices out there, it's easy to feel overwhelmed. So we've compiled excerpts of some of our bestselling health and diet books for you to try on for size. Whether your goal is to lose weight,

get fit or make more wholesome meals, you'll find something here that's right for you: The Virgin Diet: Avoid high-allergy foods to reduce inflammation and lose that stubborn weight. The Beauty Detox Solution: Cut beauty-stealing foods from your diet and discover radiant skin, shinier hair and stronger nails. Your Best Body Now: Live an Eat-Clean lifestyle and feel fabulous at any age. Quick & Easy Paleo Comfort Foods: More than 100 delicious gluten-free recipes from bestselling authors Charles and Julie Mayfield. The New Lean for Life: The doctor-created, scientifically proven program that has helped more than 750,000 people lose more than 15 million pounds. Eat and Beat Diabetes: The most delicious way you can imagine to lose weight and fight diabetes.

2016-03-22 Nikki Sharp 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 Love Pancakes, Spinach & Chickpea Hummus, Black Bean Burgers, Cauliflower Mash, and Taco Bowl, have been taste-tested by Sharp's many of 300,000-plus Instagram followers, who have done the plan and seen amazing results. In The 5-Day Real Food Detox, you'll discover • nutrient-dense foods that encourage detoxification and weight loss • the facts on juice, smoothie, tea, and raw food cleanses • yummy foods to substitute when you crave unhealthy ones • ingredients to avoid and how to decode food labels • the secret to great-tasting meals—use spices instead of salt • strategies for lowering stress and combating insomnia • troubleshooting for food allergies, mood swings, bloating, and other detox issues Complete with gorgeous photos, success stories, shopping lists, and meal plans, The 5-Day Real Food Detox lays the groundwork for eating well and feeling wonderful for the rest of your life! Advance praise for The 5-Day Real Food Detox “Nikki is an amazing inspiration. Whether you are vegan, vegetarian, paleo, or just trying to get healthy, this book is a must-read!”—Kristina Carrillo-Bucaram, founder of the FullyRaw brand and author of The Fully Raw Diet “Nikki Sharp's plant-based detox is a holistic approach to long-term wellness. Not only will it help get you lean in a short amount of time, it will keep you there, and feeling energized the whole way through.”—Brendan Brazier, author of the Thrive book series “The real power of this book is that it

just may transform how you think about your food, your body, and the way your choices shape every aspect of your life.”—Adam Rosante, author of *The 30-Second Body* “I love that Nikki Sharp’s program is full of real, satisfying foods that won’t leave you starving—so you can

build healthy habits that will last long after the five days are over!”—Megan Gilmore, author of *Everyday Detox* “Nikki Sharp’s style is fun, approachable, and innovative, and embodies the new way we should be eating. The wellness world is fortunate to now include her brilliant new book.”—Matthew Kenney, author of *Cooked Raw: How*

One Celebrity Chef Risked Everything to Change the Way We Eat “A must have for everyone who wants to look gorgeous and healthy like Nikki!”—Ani Phyo, author of *Ani’s 15-Day Fat Blast* and *Ani’s Raw Food Essentials*