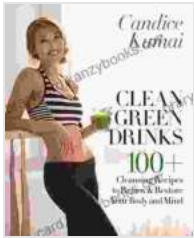


100 Cleansing Recipes To Renew & Restore Your Body and Mind



Clean Green Drinks: 100+ Cleansing Recipes to Renew & Restore Your Body and Mind by Candice Kumai

★★★★☆ 4.6 out of 5

Language : English
File size : 32376 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 270 pages



Are you feeling bogged down, tired, and out of sorts? It may be time for a cleanse. Cleansing is a great way to rid your body of toxins, improve your digestion, and boost your energy levels. And with these 100 easy-to-follow recipes, cleansing has never been easier.

This book includes recipes for:

- Juices
- Smoothies
- Soups
- Salads
- Main dishes

- Snacks
- Desserts

Whether you're a seasoned cleanser or just starting out, this book has something for you. With a variety of recipes to choose from, you'll be able to find the perfect ones to fit your needs and taste buds. So what are you waiting for? Start cleansing today and see how much better you feel.

Benefits of Cleansing

Cleansing offers a number of benefits for your health, including:

- Improved digestion
- Boosted energy levels
- Reduced inflammation
- Weight loss
- Clearer skin
- Improved mood
- Reduced risk of chronic diseases

If you're looking to improve your overall health, cleansing is a great place to start. And with these 100 delicious recipes, it's easier than ever to get started.

How to Cleanse

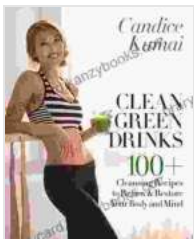
There are many different ways to cleanse, but the most common method is to drink plenty of fluids and eat a diet that is rich in fruits, vegetables, and

whole grains. You should also avoid processed foods, sugar, and caffeine. If you're new to cleansing, it's important to start slowly and gradually increase the amount of fluids and healthy foods you consume. It's also important to listen to your body and rest when you need to.

Here are some tips for cleansing:

- Drink plenty of water.
- Eat a diet that is rich in fruits, vegetables, and whole grains.
- Avoid processed foods, sugar, and caffeine.
- Start slowly and gradually increase the amount of fluids and healthy foods you consume.
- Listen to your body and rest when you need to.

Cleansing can be a great way to improve your health and well-being. With these 100 easy-to-follow recipes, you'll be able to find the perfect ones to fit your needs and taste buds. So what are you waiting for? Start cleansing today and see how much better you feel.



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