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Weekend Wonder Detox: Quick Cleanses to Strengthen Your Body and Enhance Your Beauty

Michelle Schoffro Cook

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Leave lethargy behind, shed excess weight, and get clear, glowing skin!

Detox regimens can be expensive, lengthy, and difficult to follow--and often don't deliver the results you want. Now, health expert and author Michelle Schoffro Cook offers a fresh approach to purifying your body: spa-style weekends to have you looking and feeling great in just days!

These mini-detoxes help you to reset your natural body chemistry and improve organ function for overall health. First, Dr. Cook's quiz helps you pinpoint which areas need attention. You can then choose from six targeted tune-up plans--from the Love Your Liver weekend to the Fat Blast Weekend, you'll be able to address your specific concerns. Each *Weekend Wonder Detox* plan features:
Meal plans and shopping lists based on delicious, toxin-busting superfoods
Easy recipes for hearty salads, protein-rich meals, and detox-promoting beverages
Gentle herbal remedies and system-balancing spa treatments
Strategies to establish healthful habits in your everyday life

No matter how busy your schedule or how stressful your life, you'll look forward to your next Weekend Wonder Detox.

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Donna Kerns:

Playing with family inside a park, coming to see the sea world or hanging out with close friends is thing that usually you will have done when you have spare time, then why you don't try issue that really opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love Weekend Wonder Detox: Quick Cleanses to Strengthen Your Body and Enhance Your Beauty, it is possible to enjoy both. It is very good combination right, you still desire to miss it? What kind of hang type is it? Oh can occur its mind hangout men. What? Still don't understand it, oh come on its called reading friends.

Irene Robertson:

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