



The Master Cleanse Made Easy: Your No-Fail Guide to Feeling Great During and After Your Detox

Robin Westen

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TIPS, TRICKS AND TECHNIQUES TO TRANSFORM THE INTIMIDATING MASTER CLEANSE INTO A POWERFUL DETOX ANYONE CAN ACCOMPLISH

Does forgoing solid foods for up to ten days scare you away from detoxing? Don't let it! With the helpful strategies in this book, you're sure to succeed on the cleanse—losing weight, resetting your system, feeling great and jumpstarting a healthy lifestyle.

Guiding you step by step through the cleanse, the author shows how easy it is to:

- **Boost energy**
- **Power through hunger**
- **Maintain mental clarity**
- **Keep a positive attitude**

Maximizing the cleanse's effectiveness while minimizing any hardships, *The Master Cleanse Made Easy* delivers the practical information and understandable approach you've been waiting for to conquer the cleanse and renew your health.

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