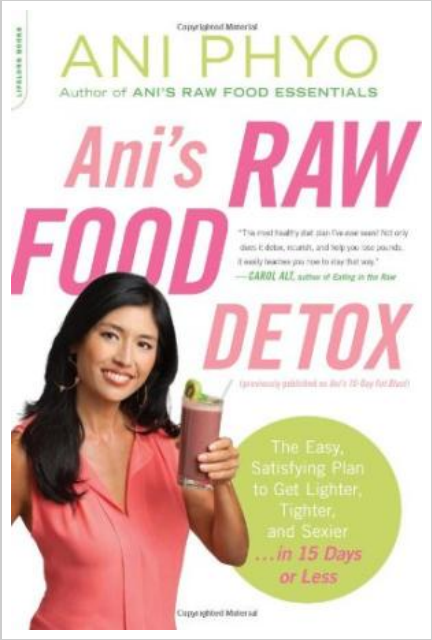


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Ani's Raw Food Detox: The Easy, Satisfying Plan to Get Lighter, Tighter, and Sexier. In 15 Days or Less (First Trade Paper Edition)

By Ani Phyo

The Perseus Books Group. Paperback. Book Condition: new. BRAND NEW, Ani's Raw Food Detox: The Easy, Satisfying Plan to Get Lighter, Tighter, and Sexier. In 15 Days or Less (First Trade Paper Edition), Ani Phyo, Want to look younger and feel better? Want to increase your energy levels, build lean muscle, and enhance immunity? Want to do all this while eating delicious, easy meals that will leave you feeling satisfied and full of energy? Welcome to Ani's Raw Food Detox. Award-winning chef, health coach, and consultant Ani Phyo offers an easy, delicious 15-day program based on nature's real "fast foods." The plan is simple: eat up and speed up the cleansing, detoxing, and fat-burning process by using all-natural whole food ingredients. Watch the pounds fly off as you gain boundless energy and clear, radiant skin while at the same time lowering your risk for chronic diseases. Designed to help you get optimal results and achieve your detoxing and immune-boosting goals, Ani's Raw Food Detox offers: Top detox and fat-fighting strategies and tools Lists of foods that accelerate cleansing, detox, and your metabolism More than 50 quick, easy, delicious recipes Menus and shopping lists for each phase of the plan Strategies...

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