



The Wrinkle Cleanse: 4 Simple Steps to Softer, Younger-Looking Skin (Paperback)

By Cherie Calbom

Penguin Putnam Inc, United States, 2006. Paperback. Book Condition: New. 307 x 198 mm. Language: English . Brand New Book. Wrinkles, lines, sagging skin-these are the all-too-common outward signs of aging. But now with a diet rich in raw foods, vegetable juices, whole grains, and lean proteins, renowned Juice Lady Cherie Calbom reveals how you can cleanse your body of toxins and protect yourself from the inflammation and free-radical damage that cause these symptoms of aging. Now available in paperback, The Wrinkle Cleanse provides an easy-to-follow, four-step plan: - a 14-day diet that rejuvenates the cells in your body, stopping and even reversing the aging process - quick-start juicing programs that cleanse your body of built-up toxins and restore elasticity to your skin in a matter of days - an energizing supplement plan to help renew skin and increase vitality - cleansing programs to deep-cleanse your body and keep you on track for total rejuvenation In just two weeks you will begin to see results-fewer wrinkles, and firmer, more toned skin. And with the help of menu plans that include seventy-five delicious recipes, you ll not only look better but you ll get the proper nutrition you need to feel...



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