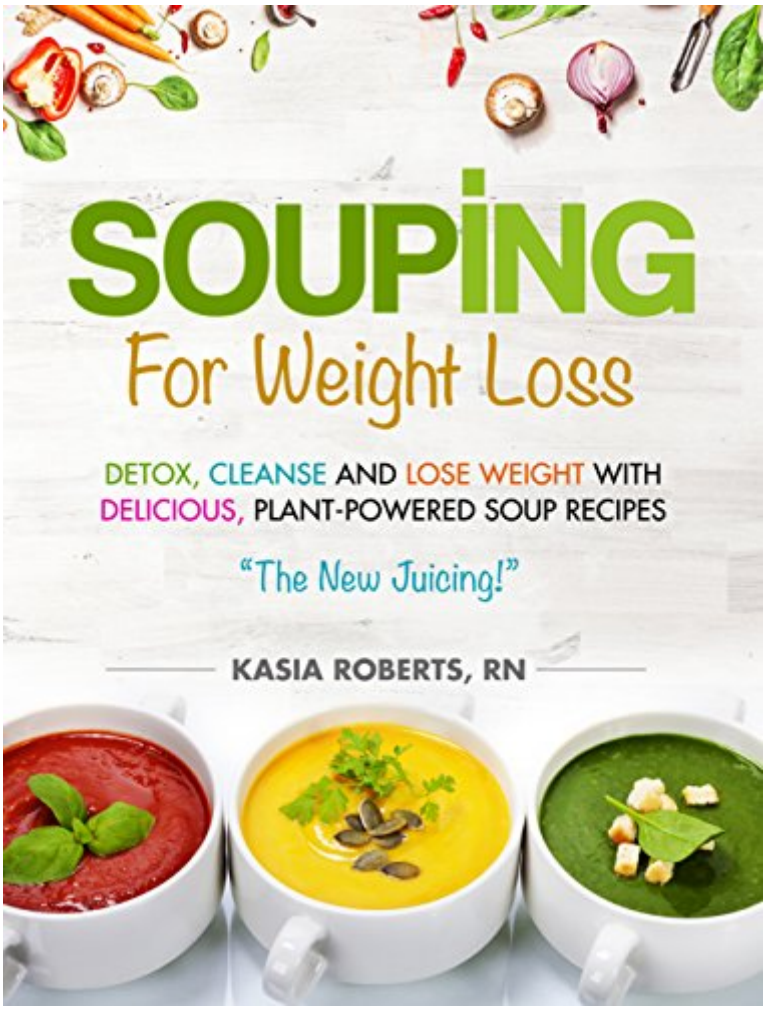
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Souping For Weight Loss: Detox, Cleanse And Lose Weight With Delicious, Plant-Powered Soup Recipes



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Synopsis

There are health trends that appear and vanish with a blink of an eye, and then there are health trends that arenÃ¢â ¬â„¢t really trends at all, but rather sound, effective methods that seem to suddenly catch everyoneÃ¢â ¬â„¢s interest bring about long standing positive change in our health and vitality. One such method is what is now called Ã¢â ¬Å“souping Ã¢â ¬Â•. The thing about souping is that it has been around for generations, even centuries. Soup has long been viewed as a sort of wonder food that can be healing to the body and spirit. As a sibling to juicing, souping takes all of the healthy power of a juice detox and amplifies it with greater nutrients, greater variety and greater satisfaction. With souping you get the whole of the vegetables, fruits and grains, not just the water mess that is left after the good parts have been disposed of.This book presents the concept of souping in an incredibly easy and sensible format. All you want to know about souping, along with many incredibly nutritious and cleansing recipes are included, as well as a three day plan to get you started. If you are looking to rid yourself of the constant sluggish feeling, have more energy and ease chronic health conditions, then this nutritious, effective, yet gentle method of detoxifying your body is perfect for you.Ã¢â ¬Æ’

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A+++++ Perfect product; great shipping; great cust. srvc. I highly recommend this Seller; will use again!

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