

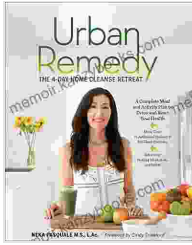
Urban Remedy: The Day Home Cleanse Retreat: A Comprehensive Guide to Cleansing Your Body, Mind, and Home



Urban Remedy's The Day Home Cleanse Retreat is a comprehensive guide to cleansing your body, mind, and home. The book is written by two certified holistic health coaches, and it includes over 100 recipes, meal plans, and meditations. The Day Home Cleanse Retreat is designed to help you detoxify your body, lose weight, and improve your overall health and well-being.

Urban Remedy: The 4-Day Home Cleanse Retreat

by Vanessa Simkins



★ ★ ★ ★ ☆	4.4 out of 5
Language	: English
File size	: 8923 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 176 pages
Lending	: Enabled



What is a cleanse?

A cleanse is a period of time when you eliminate certain foods and substances from your diet. This can help to detoxify your body, remove toxins, and improve your overall health. There are many different types of cleanses, but the most common type is a juice cleanse. During a juice cleanse, you only drink fresh fruits and vegetables for a period of time. This can help to reset your digestive system, boost your energy levels, and improve your skin.

Benefits of a cleanse

There are many benefits to ng a cleanse, including:

- Detoxifies your body
- Removes toxins
- Improves your overall health
- Boosts your energy levels
- Improves your skin

- Helps you lose weight

The Day Home Cleanse Retreat

The Day Home Cleanse Retreat is a three-day cleanse that is designed to help you detoxify your body, lose weight, and improve your overall health. The retreat includes over 100 recipes, meal plans, and meditations. The retreat is divided into three phases:

1. Phase 1: Preparation

During this phase, you will prepare your body for the cleanse. You will start by eliminating certain foods and substances from your diet. You will also begin to drink more water and exercise regularly.

2. Phase 2: The Cleanse

During this phase, you will only drink fresh fruits and vegetables. You will also continue to drink plenty of water and exercise regularly. This phase will help to detoxify your body, remove toxins, and improve your overall health.

3. Phase 3: Reintegration

During this phase, you will slowly reintroduce foods back into your diet. You will also continue to drink plenty of water and exercise regularly. This phase will help you to avoid rebound weight gain and maintain your new healthy lifestyle.

Recipes

The Day Home Cleanse Retreat includes over 100 recipes for juices, smoothies, soups, and salads. The recipes are all made with fresh, whole ingredients, and they are designed to help you detoxify your body, lose weight, and improve your overall health.

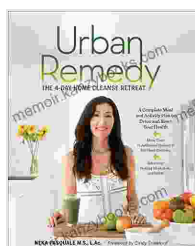
Meal plans

The Day Home Cleanse Retreat also includes three meal plans. The meal plans are designed to provide you with the nutrients you need during each phase of the cleanse. The meal plans are also flexible, so you can adjust them to fit your own needs.

Meditations

The Day Home Cleanse Retreat also includes a number of guided meditations. The meditations are designed to help you relax, de-stress, and connect with your body. The meditations are also a great way to prepare for the cleanse and to transition back to a healthy lifestyle.

The Day Home Cleanse Retreat is a comprehensive guide to cleansing your body, mind, and home. The book is written by two certified holistic health coaches, and it includes over 100 recipes, meal plans, and meditations. The Day Home Cleanse Retreat is designed to help you detoxify your body, lose weight, and improve your overall health and well-being.



Urban Remedy: The 4-Day Home Cleanse Retreat

by Vanessa Simkins

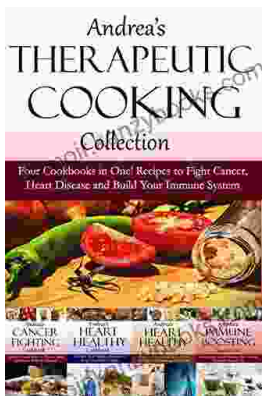
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