



Super Cleanse

Adina Niemerow

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Super Cleanse

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Newly Revised and Updated—Unleash your life force with the power of cleansing!

Holistic chef and cleanse expert Adina Niemerow reveals the key to de-stressing, detoxing, clearing your mind, and revitalizing your body: by tapping into the miracle benefits of a cleanse. Updated with important new information and Adina's fantastic new Super Slim-Down Cleanse, *Super Cleanse* can help us reboot and rejuvenate when our stressful schedules leave us feeling physically and emotionally drained. Here are eleven comprehensive cleanse experiences for both the beginning and the veteran cleanser, including more than one hundred delicious recipes for juices, soups, smoothies, salads, main dishes, and side dishes, with full menus for breakfast, lunch, and dinner. There's also a precleanse checklist, ways to ease the detox process, a rundown on the best juicers, tips for how to get the most out of your cleanse, and first-person success stories from Adina's happy clients. *Super Cleanse* offers mini-retreats for the body, mind, and spirit and an enjoyable and effective way to jump-start your health and reenergize your life.

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Keith Abell:

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