



DOWNLOAD



Plenish: Juices to boost, cleanse heal

By Kara Rosen

Aster. Paperback. Condition: New. 144 pages. Juice recipes and cleanse programs for detox, well-being and vitality, from Plenish, a popular British juice brand. You are what you eat, and consuming fresh, raw juices is a delicious way to flood your body with nutrients, cleanse your system and cure your ills. Plenish shows you how to make over 40 juice blends, detox with a cleanse program, heal your body naturally, fuel your system, fight disease, promote mind and body wellness, and lose weight in the process. From the Thai Melon Brightener to the Greenie Mary, each recipe will help your body to detox and rejuvenate, so that you can thrive. PLENISH Cleanse founder Kara Rosen spent a decade flying between New York and LA, jet lagged, overindulged and exhausted from a hectic work schedule. Suffering from an ongoing battle with strep throat, and failing antibiotics, Kara turned to a holistic nutritionist who suggested a 5-day juice cleanse. Having helped her to win the battle against strep, that cleanse turned into a love for a new lifestyle and Kara started to turn regularly to cold-pressed juices for a detox. After having her baby and moving to London, Kara started to prepare her...



READ ONLINE

[9.74 MB]

Reviews

It is one of the best publications. It is definitely simplistic but exciting in the 50% in the ebook. I am very happy to let you know that this is basically the greatest publication I have ever gone through within my own existence and could be the greatest pdf for ever.

-- **Dr. Anya McKenzie**

Good electronic book and valuable one. Of course, it actually performs, still an interesting and amazing literature. You may like how the author publishes this pdf.

-- **Lisette Schimmel**