



Jumpstart!: Your Way to Healthy Living With the Miracle of Superfoods, New Weight-Loss Discoveries, Antiaging Techniques & More

David Herzog

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A step-by-step 21 Day Plan with Recipes to supercharge every area of your health Everybody wants to look and feel their best. *Jumpstart!* takes a multipronged approach to health and wellness that provides impressive results quickly. Emphasizing the connection between mind, body and spirit, the author shows you how to:

- *Discover Anti-Aging secrets and hormone balancing.
- *Nature's best kept beauty secrets.
- *Super-energize your Body.
- *Super-charge your Immune System.
- *Discover the raw power of Miracle Superfoods.
- *A slim-down plan that really works.
- *Drop the lbs. fast.
- *Quick, easy, and effective exercises.
- *21 Day Jumpstart daily plan with meal plan recipes!
- *Smoothie recipes!
- *Experience God on a whole new level!
- *Reboot your mind, body and spirit to fulfill your destiny.

When you start to drop the excess pounds and cleanse your body of stress and toxins, your body will begin to function at its optimal level, revving up your metabolism and immune system. Jumpstart! your health and get excited about the new life that is just around the corner!

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Megan Urick:

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