



**10 Day Power Fast: Get Slim - Gain Energy -  
Transform Your Life (Lose Weight-Stay Healthy-  
Live Longer - Fasting Methods for Ultimate  
Weight Loss)**

*Danielle James*

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# 10 Day Power Fast: Get Slim - Gain Energy - Transform Your Life (Lose Weight-Stay Healthy-Live Longer - Fasting Methods for Ultimate Weight Loss)

*Danielle James*

## **10 Day Power Fast: Get Slim - Gain Energy - Transform Your Life (Lose Weight-Stay Healthy-Live Longer - Fasting Methods for Ultimate Weight Loss) Danielle James**

Is it really possible to achieve extraordinary results in just ten days of fasting? Nutritionist and fitness expert Danielle James says "Yes, indeed!" and her highly-focused manual on totally effective fasting is here to show you how.

Many people turn to regular fasting as an effective way to cleanse the body and give their digestive systems a well-deserved break. But there are lots of potential pitfalls along the way, which is why it's so inspiring to follow the best fasting principles under the guidance of a renowned nutritional expert.

Research shows that fasting can extend our lifespan and improve the quality of our health in a number of highly significant ways. Whilst the benefits can be experienced with a simple one day per week fast, Danielle's approach is to aim for a more thorough cleanse over a ten-day period and she's providing some truly powerful additives to your fast to help you feel wonderful. Using a careful selection of juices to help your body flush out the toxins, this is one of the best ways to launch a whole new era of fitness and wellbeing for yourself. Used as a part of a controlled weight loss plan, you can now burn off those excess pounds and learn to appreciate the benefits of a cleaner, healthier body. Danielle's 10 Day Totally Effective Fast will show you how to:

- Eliminate all the toxic foods that have been causing you untold misery for years
- Identify the very best natural cleansing herbs to flush out the toxins
- Make an amazing array of delicious juices that will make fasting easier than ever
- Prepare your juices in advance to save time and energy
- Avoid the temptations to lapse
- Treat yourself during the early parts of the total cleansing process
- Spot the tell-tale signs of sugar addiction that can de-rail a fast
- Use the fast in the future as a regular one-day cleaning exercise
- Keep track of your progress and chart every step of your success
- Look and feel years younger as your body recovers from the effects of its long-term toxicity

Fasting can be one of the most potent ways to cleanse your body and eliminate years of damaging toxicity. Learning to apply these deeply cleansing methods has been shown to promote longevity as well as improved health. What a perfect way to celebrate your body's natural potential for health and complete wellbeing. Download this fabulous book right now to begin your own personal experience of a healthier, fitter and happier life.

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**Gary Flint:**

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