

The Ultimate 72 Hour Cleanse: Transform Your Body and Combat Cancer Naturally!

72-HOUR JUICE CLEANSE

reset your mind & body naturally

detoxify your body = speed up your metabolism = regain your energy

DAY 1: *Green Juice*

- 4 apples, cored
- 2-3 cucumbers
- handful of parsley
- 2 handfuls of spinach
- 4 stalks of kale
- 1 bunch of celery
- 1 lemon
- 1 tsp ginger root



DAY 2: *Colon Cleanser*

- 10 small cuts of beets
- 1 bunch of celery
- 1 handful of cilantro
- 1 cucumber
- 1 tsp ginger root
- 2 lemons
- 10 romaine lettuce leaves
- 1 handful of spinach
- 15 carrots



DAY 3: *Liver & Kidney Flush*

- 6 apples, cored
- 10 small cuts of beets
- 1 bunch of celery
- 1 handful of spinach
- 1 cucumber
- 1 lemon
- 2 tomatoes
- 15 carrots



Instructions:

1. Make one recipe each day, beginning with the Green Juice. Each recipe makes about 64 ounces. Store your juice in a sealed pitcher.
2. Refrigerate and consume 1 cup of juice every hour, for a total of 8 hours. Every meal for these 3 days will consist of juice only, except for dinner.
3. Every 30 minutes, drink one cup of water or more, avoiding alcohol or caffeine.
4. Your last meal of the day will be a full meal and should consist only of grilled or baked lean protein and green vegetables. Avoid starches and processed foods.
5. Finish each evening with a glass of warm chamomile tea with freshly squeezed lemon.

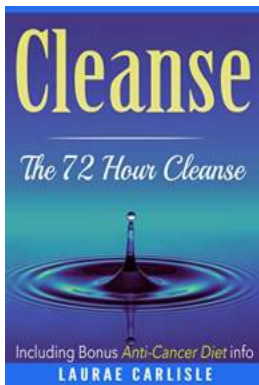
 PHYSICIANS PREFERENCE.

Are you tired of feeling sluggish, bloated, and lacking energy? Do you want to give your body a fresh start and kick-start your journey towards optimal health? Look no further! The 72 Hour Cleanse is here to revolutionize the way you

cleanse your body, and we have an exclusive bonus for you: an Anti-Cancer Diet that will provide even more benefits for your overall well-being.

The Power of Detoxification

Before we dive into the incredible benefits of the 72 Hour Cleanse, let's understand the importance of detoxification. Over time, our bodies accumulate toxins from various sources, such as pollution, processed foods, and stress. These toxins can harm our cells, compromise our immune system, and even increase the risk of cancer.



Cleanse: The 72 Hour Cleanse Including Bonus Anti-Cancer Diet Info: Cleanse, Detox, Paleo, Clean Eating, Cancer Fighting

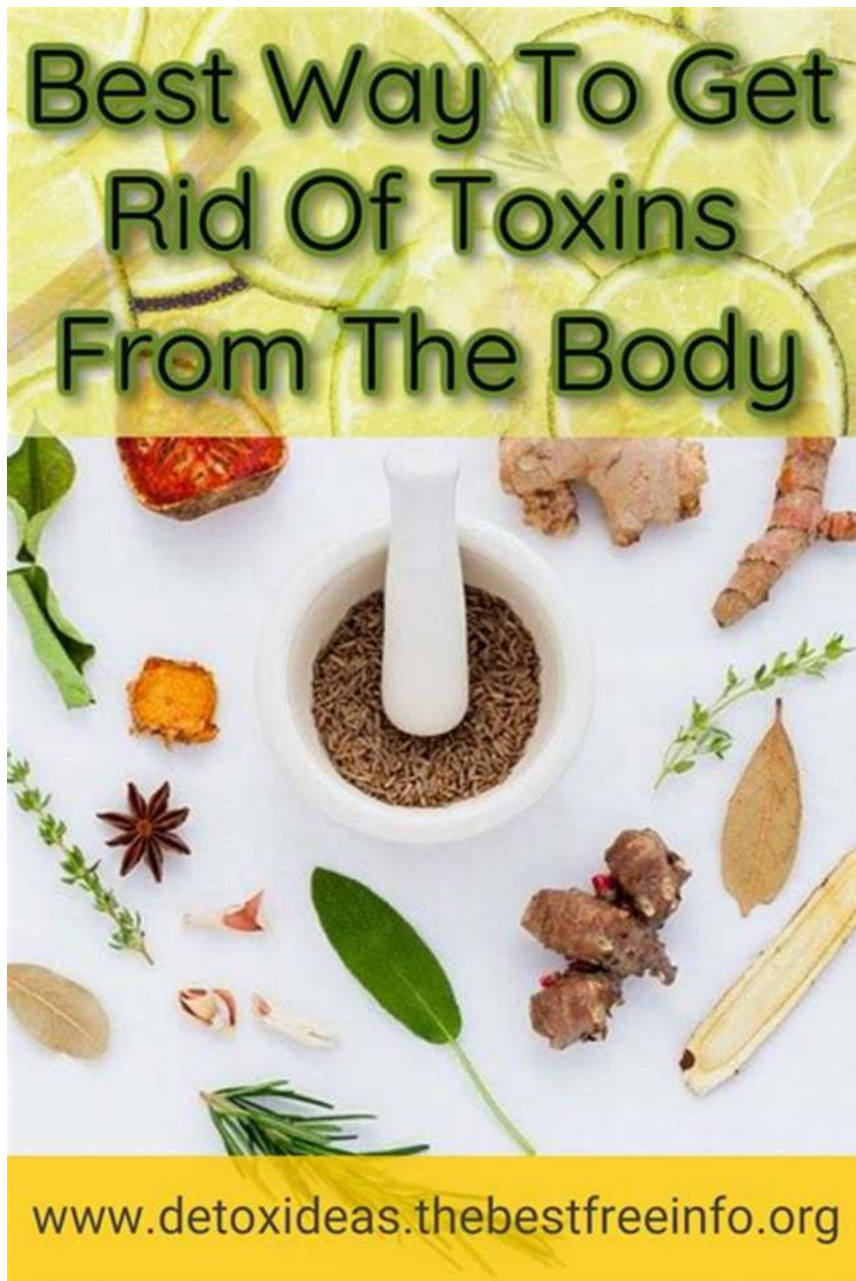
by A. Riecher-Rössler (Kindle Edition)

★★★★☆ 4.5 out of 5

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Screen Reader : Supported
Enhanced typesetting : Enabled
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Print length : 21 pages
Lending : Enabled



By detoxifying your body, you can eliminate these harmful toxins, improve digestion, boost energy levels, and enhance overall health. The 72 Hour Cleanse is carefully designed to facilitate this process and unleash the full potential of your body's self-healing mechanisms.



The 72 Hour Cleanse: How It Works

The 72 Hour Cleanse is a comprehensive program that combines cleansing juices, plant-based meals, and strategic supplements to support your body's detoxification process. Unlike other cleanses that leave you feeling deprived and hungry, this cleanse is designed to give you the ultimate nourishment while allowing your body to eliminate toxins.

During the cleanse, you'll consume a variety of fresh fruit and vegetable juices bursting with vital nutrients, enzymes, and antioxidants. These juices will flood your body with vitamins and minerals while giving your digestive system a break.

Additionally, you'll enjoy delicious plant-based meals rich in fiber, essential fatty acids, and proteins. These meals will provide sustained energy and help your body rebuild and repair cells.

Benefits of the 72 Hour Cleanse

The 72 Hour Cleanse offers a myriad of benefits that extend beyond detoxification. Here are just a few reasons why you should consider embarking on this cleanse:

- **Increased Energy:** By eliminating toxins and giving your body proper nourishment, you'll experience a surge in energy levels that will last long after the cleanse.
- **Improved Digestion:** The cleanse will reset your digestive system, promoting better absorption of nutrients and reducing bloating and indigestion.
- **Weight Loss:** As your body sheds toxins, you may notice a gradual and healthy weight loss as a result of improved metabolism.
- **Enhanced Mental Clarity:** Many participants report improved focus, concentration, and mental clarity after completing the cleanse.
- **Strengthened Immune System:** By reducing toxin overload, you'll give your immune system a boost, making you less susceptible to illnesses and diseases.



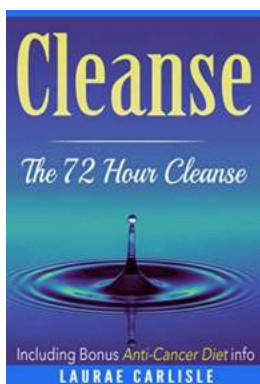
Anti-Cancer Diet: A Bonus to Your Cleanse

As an exclusive bonus, we offer you an Anti-Cancer Diet that can further enhance your cleanse and promote long-term health. This diet involves incorporating cancer-fighting foods into your daily meals to reduce the risk of cancer and support overall well-being.

The Anti-Cancer Diet emphasizes whole foods such as fruits, vegetables, whole grains, and legumes that are rich in antioxidants, phytochemicals, and other compounds known to combat cancer cells. By following this diet, you'll provide your body with the building blocks it needs to fight off cancer-causing agents and promote optimal health.

Embarking on the 72 Hour Cleanse is not only a great way to detoxify your body and increase vitality but also an opportunity to adopt a healthier lifestyle. By incorporating the bonus Anti-Cancer Diet, you'll take your cleanse to the next level and provide your body with the tools it needs to ward off diseases naturally.

Are you ready to transform your body, boost your energy, and fight cancer? Start your journey with the 72 Hour Cleanse and make a commitment to your health today!



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Discover How to Begin Clean Eating & Detoxifying Your Body to Get Healthy And Feel Better Fast

Today only, get this Amazon E-Book for just \$0.99.

Read on your PC, Mac, smart phone, tablet or Kindle device.

Are you someone that wants to start eating healthy or try a detox but are overwhelmed with all of the information swarming the media and the internet?

This book is for you! It's easy, it only takes 3 days minimum of your time (you can do anything for 3 days), and it contains ONLY the information you need to get started. No need to read a long book or wade through complicated words to get the information you need!

This book contains proven steps and strategies on how to start a quick cleansing, detoxifying diet for beginners or those that want to reset their health. This book came about because my sisters and I had become very unhealthy. I researched extensively to find something easy for us to try together as beginners to healthy eating and it was so effective that I would like to share it with YOU. Take charge of your health NOW!

The bonus anti-cancer diet information at the end of the book is just some very brief information that I sent a family friend after researching things that could help him, nutritionally, after he was diagnosed with extensive lung cancer. I feel that some of the tips can be incorporated into a healthy lifestyle as a preventative measure.

Here Is A Preview Of What You'll Learn...

- Complete Shopping List To Get Started
- Brief instructions, Sample Diet Examples, and Tips
- Bonus Anti-Cancer Brief Info

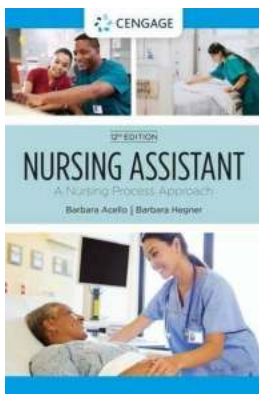
- Much, much more!

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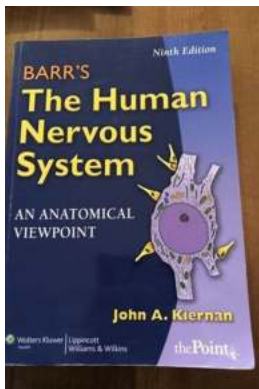
Take Charge Of Your Health NOW!

Tags: clean eating, whole 30, paleo diet, detox, detox diet, cleanse, elimination diet, cancer fighting, anti-cancer



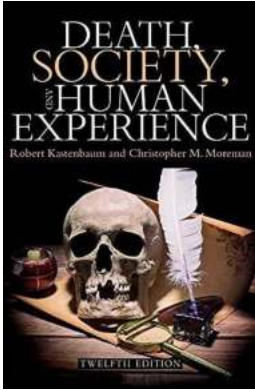
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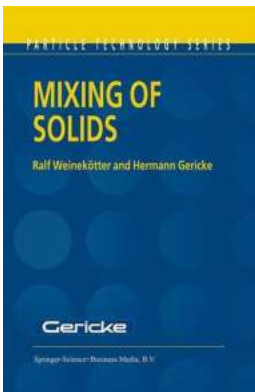
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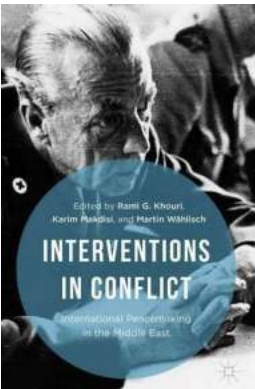
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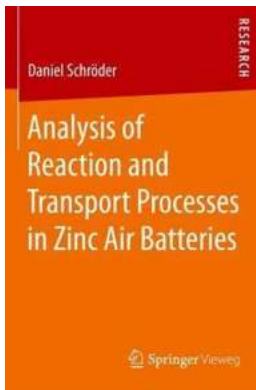
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