

《The 28 Day Plan-Deto》

图书基本信息

书名：《The 28 Day Plan-Detox 28天美体计划》

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内容概要

Are you lacking in energy and carrying a little extra weight that just won't shift? Do you feel you are generally lethargic? Then detox could be the answer. This easy-to-follow 28 day plan shows you how to cleanse your system, regain your vitality, and return your body to peak condition. Shows you how to cleanse your body through exercise and healthy eating. Features a week-by-week plan with daily schedules to make this an achievable aim. Contains easy-to-follow exercises to practice at home or in the gym. Offers sensible advice on which foods to avoid and what to indulge in. To help you complete the program, there are lots of ideas for pampering body and soul. Here is a 28 day plan for every woman to follow whatever her lifestyle.

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书籍目录

What is Detoxification? Healthy Eating Healthy Drinking Planning What You Can Eat Daily Treatments Exercise and Relaxation Good Food Maintaining The Detox Detox Days 1-7 Detox Days 8-14 Detox Days 15-21 Detox Days 22-28 Activity Record Chart Congratulations!

精彩短评

1、学习的过程就是美化生活的过程

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