



GONE IN A FLASH!

**10-day
DETOX**

to tame

MENOPAUSE,
slim down and get
SEXY!

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Gone in a Flash!: 10-day Detox to Tame Menopause, Slim Down, and Get Sexy!



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Sizzling hot flashes. Once you start reading *Gone in a Flash!* These are but a few of the symptoms we women feel during the “pause” inside our lives as our anatomies change into maturity. Insomnia. But this transition do not need to be so painful, irritating, and exhausting. There’s no calorie counting, no accumulated points, no fake meals or costly treatments—just whole foods, natural ingredients, delicious quality recipes, and simple lifestyle changes. Mood changes. Sluggishness. There are simple, straightforward answers to calming your womanly problems—and they’re the following in this reserve. *Gone in a Flash!* is a must-browse for perimenopausal and menopausal females who are ready to consider charge of their health and reclaim control over their changing bodies. Compiled by a passionate health and nutrition trainer who triumphed over her personal symptoms, it provides an all-encompassing approach to health management that targets nourishing the body and soul through detoxification, healthy eating, and healthful habits. Headaches. Excess weight gain., you’ll notice changes in your physical health, appearance, and attitude toward life in just a few weeks—and by enough time you’re done with the reserve, you’ll have an improved understanding of what this means to be sexy.



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not in menopause why would this reserve help me?. Well, it gives a terrific base for anyone to do a detox. The pause of meno Five minutes into scanning this book, I knew it was just what I needed to read. It walks you thru the detox process step-by-step. There are recipes, weekly meal plan and food pairing guide that makes the process very easy. In my opinion this could be for either men or women. Mari's knowledge extends far beyond the content of this book. If you ever have the pleasure of talking to her you will know this right away. There is plenty of valuable advice right here to help you. One Star The book didn't contain any new or interesting information. Not truly impressed by this booklet. I guess it's ok if you need something to refer to. She offers many delicious recipes and simple lifestyle changes. I appreciate her uncomplicated approach and delivery and I really like the focus on entire foods and 100 % natural ingredients. Didn't possess any how to or encouraging tales for real folks like myself. This was just like a compilation of things I've already learned on . This book is written is an extremely easy to read format.. This was like a compilation of things I have already learned on the web and through pamphlets from doctor's offices. Mari delivers this nourishing information in an inspiring, honest, and encouraging way. In the event that you follow her strategy you can't help but feel better, integrate this healthier lifestyle and reclaim your sexy self. So if I am not really in menopause how would this help me? Would not purchase again. Great big help!! Mari's easy-to-read design makes a complex and frustrating subject matter seem easier. This is a fantastic book for a women who would like to overcome hormonal imbalances and menopause symptoms. A whole lot of assumptions are made, nonetheless it lacks a clear and intensive recipe and menu/mealplan section. I'd not really define this as a reserve, only a booklet with some suggestions that could be easily found on the Internet. Disappointing. Five Stars Great info. Like this book Five Stars Love her suggest and her tips I'm Glad I PURCHASED This Book I would strongly suggest this reserve to any female who would like to naturally, safely and easily encounter menopause. If you are considering buying this publication it is well worth the money! Reclaim your sexy personal. This 30 page book is a complete waste of money Great book! Three Stars Pretty good book easy to understand Clear, easy to comprehend, informative. Gets to the idea quickly and makes perfect sense. Promotes practical guidelines and actions.



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