



PALEO Cleanse:

30 Days of Ancestral Eating to Detox, Drop Pounds, Supercharge Your Health and Transition Into a Primal Lifestyle

By Camilla Carboni & Melissa Van Dover

Expected Release Date: October 28th, 2014

Retail Price: \$15.95

Pre-Order Discount: 26%

Pre-Order Price: \$11.80

Bulk Order Discounts Available: Yes

Available Globally: Yes

Twitter Hashtag: #PaleoCleanse

Book Description:

TRANSFORMS THE PROVEN APPROACH OF THE MEGA-POPULAR PALEO DIET INTO A HARDCORE, MONTH-LONG DETOX.

By eliminating virtually all foods, most detox programs leave participants hungry and malnourished. *The Paleo Cleanse* takes a smarter approach. By allowing, but limiting, readers' meals to only those natural foods that the human body is designed to properly digest, the program in this book guarantees that readers can quickly and effectively drop pounds, gain energy and feel great without starving themselves.

The benefits of the mega-popular Paleo approach to eating are widely known, but putting its principles into practice are not so simple. Luckily, *The Paleo Cleanse* makes it easy by guiding readers step by step into Paleo eating with everything from specific food replacements and helpful tips to customized meal plans and 100 delicious recipes.

Easy to follow and stay with, this unique cleanse has readers eating full meals while simultaneously flushing more and more unhealthy items from their system. Addressing unhealthy eating as well as all major food allergens, it also ensures that anyone can achieve renewed health after only one month of Paleo eating.