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# Lose Weight, Have More Energy and Be Happier in 10 Days: Take Charge of Your Health with the Master Cleanse

By Peter Glickman



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*Lose Weight, Have More Energy and Be Happier in 10 Days* doesn't sound possible, but most people who have completed the Master Cleanse swear by it.

If you are like most people, you want answers to your increasing health problems, but have less money to spend on gyms, expensive weight loss programs and pills. You want a simple and inexpensive way to regain your energy and vitality and you want to avoid becoming the next American death statistic due to obesity, heart disease, diabetes or high blood pressure.

Our health care system has not been able to reduce obesity, cancer and heart disease even with all the money that has been spent. Perhaps that's because it takes the approach that your doctor or hospital is responsible for your health, not you; prevention is confusing or impossible; and the best cure is the latest pill, shot or surgery. If you want to take charge of your health and are sick and tired of being tired, this book is for you.

While no one can guarantee that the Master Cleanse will cure your ills, fasting (and the Master cleanse is a juice fast) has been used to restore and rejuvenate the body and mind for thousands of years across all continents. There are even some scientific studies that show that severely restricted calorie diets produce anti-aging results!

The author is uniquely qualified to write this book (the first new book on the Master Cleanse in nearly 30 years). He put up the first Master Cleanse forum on the Internet in 2003, which has grown to more than 33,000 members; has personally done the Master Cleanse more than 18 times from 10 to 28 days; has coached thousands of people on the Master Cleanse; and has been interviewed for NBC's Today Show, CBS National Sunday News, The New York Times, The London Times, The Los Angeles Times, The Washington Post, The Boston Globe and Us Magazine. This book has been translated into Spanish, Russian, Hungarian, Czech, Turkish, Korean and Croatian!

Inside this easy-to-read book, you will learn how to get great results and have an easier time on the Master cleanse, such as:

What can you do to practice Anti-Aging at home?  
What can you expect on the Master cleanse?  
Which days are the roughest?  
Is the salt water flush essential?  
What does the cayenne pepper do?  
What to do when it seems nothing is happening?  
How does the Master Cleanse affect women?  
What is the best indication that the cleanse is complete?  
What are the five detox symptoms and why are they important?  
What tends to cause headaches on the cleanse?  
What quantities of the ingredients do you need to buy?  
Why should the maple syrup be organic?  
Can you exercise while on the cleanse?  
What about quitting smoking?  
The 12 most common pitfalls preventing people from succeeding

Also included is a daily journal, an extensive index and answers to the 112 most frequently asked questions.

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**Lose Weight, Have More Energy and Be Happier in 10 Days: Take Charge of Your Health with the Master Cleanse By Peter Glickman Bibliography**

- Sales Rank: #329226 in Books
- Brand: Brand: Peter Glickman, Inc.
- Published on: 2011-01-01
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x 5.75" w x .50" l, .57 pounds
- Binding: Paperback
- 192 pages

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### **Editorial Review**

#### **About the Author**

Peter Glickman had been a chiropractic clinic director, chelation clinic director, and alternative health writer before doing and coaching more than 1 others on the Master Cleanse.

### **Users Review**

#### **From reader reviews:**

##### **Christina Evert:**

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