

Master Cleanse Coach

Petra Kolber

Master Cleanse Coach, The Peter Glickman,2012-08-01 The only book that provides the information needed to coach others on the Master Cleanse from the author that CBS National News called a modern-day guru of the Master Cleanse. He has done the cleanse himself more than twenty times, personally coached 2,000+ people, sponsored a 1,200-person group cleanse in January 2009 and run an online Master Cleanse forum of 50,000 people. In addition to the coaching data, the book answers the 90 most common questions and provides personal experiences from dozens of people.

The Complete Master Cleanse Tom Woloshyn,2007-07-28 A comprehensive guide to cleansing and detoxing the body—and maximizing the amazing results of the Master Cleanse Diet. The Lemonade Diet is simple and powerful. The recipe takes only minutes to learn, and when done correctly the cleanse is surprisingly easy and completely safe. But there's more to it than just drinking the lemonade mixture. The Complete Master Cleanse offers a step-by-step program that unleashes the full power of the Master Cleanse and all its health benefits. Tom Woloshyn shares the amazing results, helpful information, and insightful tips he's gained from personally coaching thousands of people on the best way to follow The Lemonade Diet. Much has been learned about detoxing since the Master Cleanse was first developed over thirty years ago, and this up-to-date book explains clearly how and why cleansing can improve all aspects of your personal health, including: •Increasing Energy •Balancing Your Body's pH •Losing Weight •Reducing Swelling and Pain •Alleviating Allergies •Flushing the Colon •Improving Skin and Hair •Ridding Your Body of Parasites

Lose Weight, Have More Energy & be Happier in 10 Days Peter Glickman,2005 A low cost way to regain health and lose weight that has passed the test of time - more than 30 years - without drugs or expensive special meals.

The Master Cleanser Stanley Burroughs,2021-03-03 First published in 1957, The Master Cleanser has revolutionized dieting and helped countless people by providing a diet and health plan based on a lemonade drink designed to cleanse the body of unwanted toxins, thereby losing weight and making it harder to put the weight back on. The Master Cleanser diet otherwise known as the lemonade diet has been around for over 80 years, since 1940. It's the easiest, most delicious, effective cleansing and weight loss diet available. You can feel good and get rid of what ails you. This diet has been used for every health problem with great success. Classic work on the lemonade diet, a book that gives really great ways to clean out the toxins in the system.

Master Cleanse Susan T. Williams,2015-11-16 The Master Cleanse Diet is often referred to as the Lemonade Diet, the Cayenne Pepper Diet or the Maple Syrup Diet, however the premise of all these diets are the same. It is a simple 10 day plan through which your body gets a complete detox. During this time you will lose weight, clean your digestive system and finish feeling happier, healthier and more energetic than you have in years. We're not always as kind to our bodies as we should be, and even when we make an effort to be healthy the truth is that our bodies are riddled with toxins from an accumulation of bad habits. Sometimes we need to spend some time cleansing our body from all these impurities, and this is where the Master Cleanse diet comes in. Here Is A Preview Of What You'll Learn The benefits of a detox How to do the Master Cleanse and Lemonade Diet for the best results A pre-cleanse plan to ease into the Master Cleanse A post-cleanse plan to ease out of the Master Cleanse Tips and tricks to detox Frequently asked questions Free Bonus: 101 Secrets For Weight Loss Success And much more! Benefits of a Detox The benefits of doing a detox are long and varied and there is no denying that you will feel better once you've done it. Remember to listen to your body throughout the program and to allow your body time to release itself of all the impurities that have been building up over the years. You'll have more energy. You'll lose weight. Your skin will shine. You'll get sick less often. You'll find it easier to cope with stress. You'll look at your dietary lifestyle in a whole new way. You won't have to reach for the breath mints. You'll sleep much better and wake up feeling refreshed. tags: master Cleanse, master cleanse diet, lemonade diet, master cleanse for beginners, lemonade diet for beginners, detox for beginners, how to detox, master cleanse diet book, how to lose weight, natural weight loss, lose weight naturally, detox for weight loss, how to lose weight fast, weight loss diet, lose weight, lose weight naturally fast, how to lose belly fat, how to lose weight for life, weight loss motivation, weight loss books, health and fitness, cleanse, detox cleanse

Lose Weight, Have More Energy and Be Happier in 10 Days Peter Glickman,2011-02 This is the first book devoted exclusively to the Master Cleanse since Stanley Burroughs wrote the original book in 1976. Written in a clear, simple style, it is based on the author's coaching hundreds of people, both live and on one of the largest Internet bulletin boards. It covers the widespread nature of obesity, the body's method of handling toxins by storing them in fat cells, how to do the cleanse, what detox symptoms are, what to do about them and what pitfalls to avoid. This book also contains personal experiences from scores of people as they did the cleanse day by day, what to expect, which days are the worst, how the cleanse affects women, what ingredients to buy and answers the 70 most frequently asked questions. The author, Peter Glickman, has been a chiropractic clinic

director, chelation clinic director (alternative medical procedure for plugged arteries), contributing editor to an online alternative health newsletter and president of two computer software companies.

5LBs in 5 Days: The Juice Detox Diet Jason Vale,2014-01-02 Lose at least 5lbs in 5 days with Jason Vale's newest, easiest and most effective juicing programme ever.

The Conscious Cleanse Jo Schaalman,Julie Pelaez,2012-12-04 A simple, sensible 14-day plan for losing weight and healing your body If you're looking for relief from an ailment such as depression, chronic pain, or allergies or are looking to lose weight, but want a natural, flexible way of doing so, then The Conscious Cleanse is the perfect programme for you. In this easy-to-follow 14-day programme, you get a day-by-day plan to filter out harmful foods and guidance on what foods to avoid with optional yoga-based stretches and exercises to incorporate into your programme. Plus, tips to lose weight easily so there's no need to starve yourself as well as meal plans with shopping lists and over 100 delicious recipes. You'll also find techniques and inspiration for continuing a sustainable and vibrant conscious lifestyle after the cleanse is complete. Whether you're looking to shed excess weight or relieve any number of ailments, The Conscious Cleanse will provide a solution that will change your life for good.

The Alkaline Reset Cleanse Ross Bridgeford,2020-04-07 Reset and reboot your body with this powerful seven-day, whole-food alkaline cleanse, balancing the Five Master Systems (endocrine, digestive, immune, detoxification, and pH balancing), now in paperback. Filled with real, whole foods specifically selected and planned to make it easy, enjoyable, and energizing, the Alkaline Reset Cleanse reboots your body with alkaline-forming foods low in acidity to help you lose weight, restore immunity, soothe digestion, and have abundant health. For over 10 years, health coach Ross Bridgeford has guided thousands of people through his alkaline cleanse programs, focused on enabling the body to achieve its number-one goal of maintaining homeostasis and balance throughout our Five Master Systems (endocrine, immune, digestive, detoxification, and alkaline buffering, or pH balancing). In The Alkaline Reset Cleanse, he has distilled his program down to a straightforward and immediately manageable seven-day program, complete with shopping lists, recipes, and encouraging tips from those who have already succeeded. Radiant health is possible; let this wonderful book guide the way. - Kris Carr, New York Times best-selling author It's a simple, easy-to-follow guide that can teach you how to take control of your own health and literally activate your body's self-healing mechanism and create an internal environment that fosters health rather than sickness. - Ty M. Bollinger, documentary film producer and best-selling author of The Truth about Cancer This is the ultimate guide for super vitality and total mind-body health. - Jon Gabriel, creator of The Gabriel Method and best-selling author of Visualization for Weight Loss

The Time Cleanse: A Proven System to Eliminate Wasted Time, Realize Your Full Potential, and Reinvest in What Matters Most Steven Griffith,2018-12-14 Publisher's Note: Products purchased from Third Party sellers are not guaranteed by the publisher for quality, authenticity, or access to any online entitlements included with the product. What's the number one thing we all want more of? TIME. Time is our most valuable, precious, and limited commodity—and the key to lasting happiness and success. The TIME CLEANSE™ is a proven system that shows you how to do more, get more, be more by changing your relationship with time and get back 20 hours a week or more of your free time as a result. Learn how you can squeeze every drop of productivity out of each hour of your day so you can gain the freedom to do what you want when you want! In The Time Cleanse, Steven Griffith will help you realize that time is not the real reason we're stuck, stopped, or struggling to reach our goals. It's the fact we are relying on outdated time management strategies that no longer work in today's technology driven world. We need to change how we look at our relationship with time—and The Time Cleanse does exactly that by showing you how to get time back on your side. By implementing the groundbreaking principles of The Time Cleanse, you will learn to eliminate the time toxins and contaminants that have been stealing your time, energy, and focus—while also increasing your productivity and improving your performance. By adding time to your day, you will finally have time to grow your business, spend time with loved ones, advance your career, improve your health and fitness, or just relax and enjoy life. It's time to take control of your life and your future. It's your time, right now, to MAKE YOUR MOVE.

The Grade Cleanse Danny Hill,2018-07-05 Grade Cleanse, presents a six-step process to uncover what lies within traditional grading practices so that you can reflect, make changes, and improve! This unique approach allows you to move at your own pace. Each grade cleanse is accompanied by a series of challenges and how-to baby steps. Grading can be a meaningful process that supports reflection and growth. Cleansed grades are healthy grades, and healthy grades support learning!

The Blender Girl Tess Masters,2014-04-08 The debut cookbook from the powerhouse blogger behind theblendergirl.com, featuring 100 gluten-free, vegan recipes for smoothies, meals, and more made quickly and easily in a blender. What's your perfect blend? On her wildly popular recipe blog, Tess Masters—aka, The Blender Girl—shares easy plant-based recipes that anyone can whip up fast in a blender. Tess's lively, down-to-earth approach has attracted legions of fans looking for quick and fun ways to prepare healthy food. In The Blender Girl, Tess's much-anticipated debut cookbook, she offers 100 whole-food recipes that are gluten-free and vegan, and rely on natural flavors and sweeteners. Many are also raw and nut-, soy-, corn-, and sugar-free. Smoothies, soups, and spreads are a given in a blender cookbook, but this surprisingly versatile collection also includes

appetizers, salads, and main dishes with a blended component, like Fresh Spring Rolls with Orange-Almond Sauce, Twisted Caesar Pleaser, Spicy Chickpea Burgers with Portobello Buns and Greens, and I-Love-Veggies! Bake. And even though many of Tess's smoothies and shakes taste like dessert—Apple Pie in a Glass, Raspberry-Lemon Cheesecake, or Tastes-Like-Ice-Cream Kale, anyone?—her actual desserts are out-of-this-world good, from Chocolate-Chile Banana Spilly to Flourless Triple-Pecan Mousse Pie and Chai Rice Pudding. Best of all, every recipe can easily be adjusted to your personal taste: add an extra squeeze of this, another handful of that, or leave something out altogether—these dishes are super forgiving, so you can't mess them up. Details on the benefits of soaking, sprouting, and dehydrating; proper food combining; and eating raw, probiotic-rich, and alkaline ingredients round out this nutrient-dense guide. But you don't have to understand the science of good nutrition to run with The Blender Girl—all you need is a blender and a sense of adventure. So dust off your machine and get ready to find your perfect blend.

The Clean in 14 Days Detox Melissa Costello, 2014-05-06 Offers a fourteen day cleansing program intended to improve health, reduce weight, increase energy, and get rid of toxins through a plant-based whole food diet, with further advice on how to continue on a long-term healthy eating program.

Total Life Cleanse Jonathan Glass, 2018-01-30 A comprehensive guide to the integrated detox of body, mind, and spirit • Presents a practical 28-day plant-based program, divided into four cycles, to initiate and maximize physical, mental, and spiritual detoxification • Integrates the ancient wisdom of yoga, Ayurveda, and Traditional Chinese Medicine with naturopathic principles and contemporary nutritional science • Provides plant-based smoothie and meal recipes, tips on liver health and healthy elimination, exercise and yoga practices, breathing and meditation techniques to address toxic thought patterns, and Karma/Forgiveness cleansing rituals Integrating the ancient wisdom of yoga, Ayurveda, and Traditional Chinese Medicine with naturopathic principles and contemporary nutritional science, Jonathan Glass, M.Ac., C.A.T., presents a practical 28-day program, divided into four cycles, designed to initiate and maximize detoxification of your body, mind, and spirit from the harmful effects of the modern lifestyle. Glass reveals the interconnectedness of what we consume, both mentally and nutritionally, emphasizing that cleansing of the body alone will offer only a temporary solution if we do not also apply the same cleansing principles to our thoughts and actions. He provides delicious plant-based smoothie and meal recipes, step-by-step instructions to resolve blockages and stagnation in the physical or emotional body, including tips on liver health and healthy elimination, guidance on how to cleanse the proliferation of toxic thought patterns in the mind, as well as outlining a supportive Karma/Forgiveness cleanse ritual to detoxify the spirit. He explains how the soul is encased in five coverings, known as Koshas, and details how to harmonize all five Koshas through a plant-based diet, exercise, yoga, breathing techniques, and meditation/introspective practices. Citing wisdom from teachers he has revered over the years and sages past and present, as well as teachings from the Vedas and other ancient texts, Glass reinforces that how we eat, think, and live directly impacts our health in body, mind, spirit, and our relationships. He also shows how the principles of the Total Life Cleanse inherently support the environment. By empowering you with a new way of thinking, seeing, and being, the Total Life Cleanse program allows you not only to heal yourself by changing your life patterns but also to heal others, as we foster a deeper connection to the life that surrounds us and ultimately the universe.

Metabolism Revolution Haylie Pomroy, 2018-02-27 New York Times Bestseller Lose 14 pounds in 14 days—harness the power of food to reset your metabolism for good with this breakthrough program complete with recipes and a detailed, easy-to-use diet plan from the #1 New York Times bestselling author of The Fast Metabolism Diet. The diet industry has been plagued with crazy fad diets that do nothing but slow your metabolism and prime your body for yo-yo weight gain. It's time for a change. If you want to lose weight fast, do it in a healthful way, and have the tools and resources to keep it off for life, this is the book for you. Bestselling author, leading health and wellness entrepreneur, celebrity nutritionist, and motivational speaker Haylie Pomroy has the answers. Drawing on her fundamental food as medicine techniques, she's created the Metabolism Revolution diet, which strategically manipulates macronutrients to speed the body's metabolic rate, a guaranteed way to kick start a stalled metabolism. Following the Metabolism Revolution plan, you will burn fat, build muscle, improve your skin, boost energy levels, and look and feel great—all while losing weight quickly and keeping it off for life. Backed by the latest science, Haylie's new program, her easiest to follow and most powerful one yet, allows you to determine your body's metabolic intervention score and create a customized plan to achieve healthy, rapid weight loss. Complete with meal maps, shopping lists, and more than sixty fabulous recipes, Metabolism Revolution is the proven way to quickly and deliciously drop the weight and leave you slimmer, healthier, and more energetic than ever.

The Juice Master: Turbo-charge Your Life in 14 Days Jason Vale, 2010-06-10 A practical 14 day diet plan with 30 raw energy recipes from leading health coach and seminar leader, Jason Vale – aka The Juice Master. A motivational read with a practical plan that will inspire you to fuel your body with the right stuff!

7lbs in 7 Days Super Juice Diet Jason Vale, 2013-01-17 Lose up to 7lbs in 7 days with The Juice Master Jason Vale's ultra-fast 1-week super juice cleanse. The man who helped Jordan to get her post-baby body back

has designed a healthy and effective diet and exercise programme to reshape your body in just one week, but with lasting results.

The Panacea Cleanse Nathan D. Crane,2012-02-01 The Panacea Cleanse is a powerful mind, body, spirit cleanse designed to help you lose weight, get healthy, remove toxins, and create a lasting lifestyle of harmony, health, and happiness. This, raw, organic, healthy cleanse helped Nathan and his wife lose over 19 pounds in less than 12 days. Though it is a weight loss program, it is more of a mind strengthening and body purifying process as well. This cleanse was designed for any person at any level of their life, whether they want to lose weight or they want to enhance their spiritual development, this cleanse is safe and powerful. Jam-packed with health recipes, a Kombucha recipe, liver and gallbladder cleanses, diet recommendations, and colon cleanses, The Panacea Cleanse is a book you will want to keep with you to refer back to time and time again.

The O2 Diet Keri Glassman,2010-12-21 Kick-start weight loss and boost beauty with an easy 4-day cleanse and a delicious 4-week antioxidant-based program from CBS's The Early Show nutrition contributor. In The O2 Diet, nutritionist Keri Glassman translates cutting-edge science into an easy-to-do program that will leave dieters energetic, healthy, and beautiful--inside and out. Glassman shows how dieters can--and should--indulge in foods like Caramelized Pear and Pecan French Toast and Flank Steak with Chimichurri Sauce and actually lose weight! For once, it's not about counting calories or restricting what one eats; it's about eating more of the right things. The diet is based on the ORAC (Oxygen Radical Absorbance Capacity) scale, a calculus developed by the USDA that measures how well a food protects against free radicals, the culprits behind many forms of cancer, heart disease, and symptoms of aging. Research demonstrates that eating a high-ORAC diet increases the antioxidant power of human blood 10 to 25 percent, strengthening memory and cognition, preventing cancer and heart disease, improving skin, and aiding in weight loss. The O2 Cleanse kicks things off, maximizing weight loss, inspiring confidence, and delivering immediate results. The 4-week plan builds on initial success and includes simple guidelines for pampering and stress reduction that are proven to enhance weight loss. Plus it gives dieters real-world options for eating out and recipes that allow them to indulge at home with treats such as Chocolate-Covered Pecans and Sangria. This simple program is a positive, empowering new way to approach eating that will leave readers slim, sated and beautiful.

The Perfection Detox Petra Kolber,2018-08-14 Award-winning fitness professional and consultant shares a practical, accessible program to help women replace destructive perfectionistic mindsets with concrete strategies and life-changing tips. Tired. Stressed. Overwhelmed. Just one more email, one more meeting with the kid's teacher, oh and lose that last five pounds. Today, women are striving for perfection more than ever--and feeling like failures for not meeting unattainable goals. Health and wellness expert Petra Kolber knows this intimately; as a dancer and fitness professional, she's experienced the ultimately dissatisfying quest for perfection. Her Perfection Detox program helps women to overcome the unhealthy, unproductive demands we place on ourselves--and others. Based on her popular workshops, Kolber's strategies help women to recognize and constructively root out the perfectionistic impulse to be critical of self or others and to harness the power of our own internal resources, willpower, and habits. With simple steps and strategies such as adjusting your internal monologue, cleaning up your vocabulary to include more positive language, becoming a passionist rather than a perfectionist, and more, The Perfection Detox is an essential guide to a healthy, full, authentic life.

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