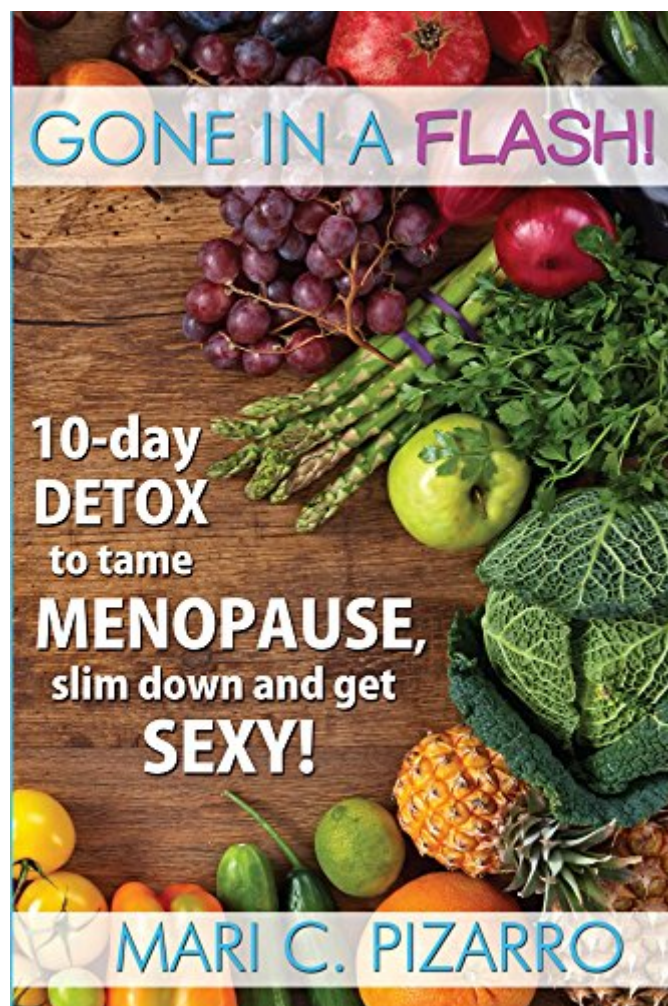


The book was found

# Gone In A Flash!: 10-day Detox To Tame Menopause, Slim Down And Get Sexy!



## Synopsis

Hot flashes. Weight gain. Mood changes. Insomnia. Sluggishness. Headaches. These are but a few of the symptoms we women feel during the "pause" in our lives as our bodies shift into maturity. But this transition need not be so painful, frustrating, and exhausting. There are simple, straightforward solutions to calming your womanly problems—and they're right here in this book. *Gone in a Flash!* is a must-read for perimenopausal and menopausal women who are ready to take charge of their health and reclaim control over their changing bodies. Written by a passionate health and nutrition coach who triumphed over her own symptoms, it provides an all-encompassing approach to health management that focuses on nourishing the body and soul through detoxification, healthy eating, and healthy habits. There's no calorie counting, no adding up points, and no fake food or costly treatments—just whole foods, natural ingredients, delicious recipes, and simple lifestyle adjustments. Once you start reading *Gone in a Flash!*, you'll notice changes in your physical health, appearance, and attitude toward life in just a few weeks—and by the time you're done with the book, you'll have a better understanding of what it means to be sexy.

## Book Information

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## Customer Reviews

This book is written in a very easy to read format. It walks you thru the detox process step by step. So if I am not in menopause how would this help me? Well, it gives a terrific foundation for anyone to do a detox. 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 speaking with her you will know this right away. If you are thinking about buying this book it is well worth the money!

This was like a compilation of things I have already learned on the Internet and through pamphlets from doctor's offices. I guess it's ok if you need something to refer to. Didn't have any how to or encouraging stories for real folks like myself.

This is a fantastic book for a women who wants to overcome hormonal imbalances and menopause symptoms. Mari delivers this nourishing information in an inspiring, honest, and encouraging way. I appreciate her uncomplicated approach and delivery and I love the focus on whole foods and natural ingredients. She offers many delicious recipes and simple lifestyle adjustments. If you follow her approach you can't help but feel better, integrate this healthier lifestyle and reclaim your sexy self.

Not truly impressed by this booklet. A lot of assumptions are made, but it lacks a clear and extensive recipe and menu/mealplan section. I would not define this as a book, just a booklet with some suggestions that could be easily found on the Internet. Disappointing.

Even though I am a man, I was still able to glean some great information from this book about my own eating habits. Detoxing has had an amazing transformation on my life and lifestyle choices. If you have never detoxed before I encourage you to grab a copy of Mari's book and get started right away!

Interesting concept for a book. The idea of a detoxification diet is nothing new, but applying it to menopause as it is in this book is certainly worth considering. The author did a good job laying out her ideas and I think its a worthwhile read, especially at this price!

Well, my time has come! Thanks to Mari- I have a ton of insight to how I will thrive my way through

all the current and upcoming changes. All the lumps, bumps and moods now seem to be more manageable. I am loving the recipes and life style suggestions. I am grateful the author went through this so we could benefit from her experience! xo

I would strongly recommend this book to any woman who wants to naturally, safely and easily experience menopause. There is plenty of valuable advice here to help you.

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Gone in a Flash!: 10-day Detox to tame menopause, slim down and get sexy! Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) 14-day Zero Sugar detox diet: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight.: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight. Sugar Detox: Beat Sugar Cravings Naturally in 30 Days! Lose Up to 15 Pounds in 14 Days, Increase Energy, Boost Metabolism! (Sugar Free Diet, Sugar Detox ... 30 Day Detox, Weight Loss and More Energy) Tea Cleanse: 7 Day Tea Cleanse Diet Plan: How To Choose Your Detox Tea's, Shed Up To 10 Pounds a Week, Boost Your Metabolism and Improve Health (Tea Detox, ... Body Cleanse, Detox Tea, Flat Belly Tea) Detox Diet & Detox Recipes in 10 Day Detox: Detoxification of the Liver, Colon and Sugar With Smoothies The Liver Cleanse and Detox Diet: Ultimate Liver Cleansing Guide to stay Healthy and Lose Weight! (fatty liver, healthy diet detox, liver disease, cleanse ... fat loss, detox diets, healthy cooking,) Gone, Gone, Gone The Asian Diet: Get Slim and Stay Slim the Asian Way (Capital Lifestyles) AnimÃ© nude young hentai fund of sex â “ Hot manga pictures 2: Sexy girls animÃ© nude girls, sexy animÃ©, hot hentai, manga sexe pictures, porn, naked, sensual ... young hentai fund of sex: Sexy girls animÃ©) AnimÃ© nude young hentai fund of sex â “ Hot manga pictures 1: Sexy girls animÃ© nude girls, sexy animÃ©, hot hentai, manga sexe pictures, porn, naked, sensual ... young hentai fund of sex: Sexy girls animÃ©) Memes: Sexy Adult XXX Memes & Pictures Book 2017 - Adult Jokes, NSFW, Memes Free, Sexy Memes, Sexy Books Juicing Recipes; 3 Day Detox For Weight Loss (Juice Recipes; 3 Day Detox Book 1) Swimming: Swim Yourself Slim and Obtain the Swimmerâ™s Body: Losing Weight, Get Lean & Stay Healthy (Vegan, Bodybuilding, IIFYM, Whole 30, Carb Cycling, ... detox, mediterranean diet, Build Muscle) Lose Your Menopause Belly: The Simple 4-Step System to Lose the Fat and Get Your Sexy Back After 40 Nerdy To Sexy: How to Create a Sexy Dating Outfit in 10 Steps: Attract Women, Increase Your Confidence, and Get LAID! Detox (3rd Edition): 3-Day Rapid Weight Loss Detox Cleanse - Lose Up to 10 Pounds! Paleo: Ultimate New Paleo Detox: Over 100 Recipes (Bonus 21 Day Post

Detox Meal Plan): Ketogenic Diet, Intermittent Fasting, Lose Belly Fat. Vegan Diet, ... Clean Eating, (Perfect Paleo Solutions) Get Ripped Abs: A Comprehensive Guide to the Best Way to Get Ripped Fast! Be a Sexy Beast by Summer! (Bodybuilding, Ab Workouts, How to loose belly fat, How to get abs) Tuttle Chinese for Kids Flash Cards Kit Vol 1 Simplified Ed: Simplified Characters [Includes 64 Flash Cards, Audio CD, Wall Chart & Learning Guide] (Tuttle Flash Cards) (v. 1)

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