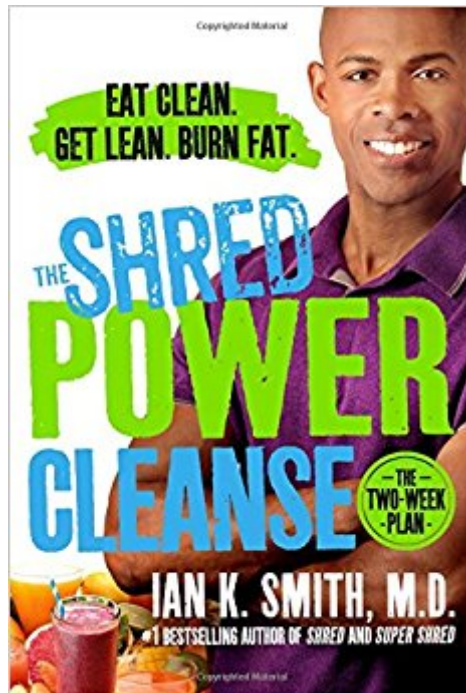


The book was found

The Shred Power Cleanse: Eat Clean. Get Lean. Burn Fat.



Synopsis

Dr. Ian is answering Shredder Nation's call for a short-term, fast-acting cleanse that will help you reset and power through to your new weight loss goal! The SHRED Power Cleanse takes the classic detox plan to a new level. You won't find any fiberless, anemic juices on this regimen! Dr. Ian lays out each day of the two-week program, giving you everything you need to jump-start BIG change:- More than 50 smoothie recipes built to boost your immunity and maintain your protein and fiber intake, including Dr. Ian's signature Purple Power Cleanse smoothie - Fresh salads and other clean foods to fill you up and keep your energy level high- Detoxifying exercise regimens for beginner, intermediate, and advanced levels- A Weekend Power Tune-up bonus, designed to keep you on track long after the two weeks of the cleanse are up and all some Shred Cleansers will need. The SHRED Power Cleanse will keep you satisfied, clear your mind, and leave you several pounds lighter.

Book Information

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Customer Reviews

I received a copy of this book as one of the audience members at the Rachael Ray show and had a chance to try the program before it was released on the 29th. This book came in handy cause I had a chance to try the program right after the Thanksgiving Holidays, and of course I ate more than I bargained for. I was bloated, feeling full and needed something to fix me quickly. BAM, tried the program and I loved it. Not only did it take away from the bloatiness but I had more energy, my skin cleared and I lost 13 pounds in 14 days. Now this is a miracle considering I have hypothyroidism ,

57 years old and menopausal. Everything you can dream of is working against my body, but with the power cleanse all odds were beaten. The signature drink the Purple Power Smoothie is amazingly good. I am not a fan of smoothies with kale in it, but this one truly made a fan out of me. This book is a must in every household for those times when you need a quick cleanse in a healthy way, need to restart your diet program and just need to do something different to break a plateau. Not only are there smoothies in the book, but there are options for healthy foods that you can eat. Another great feature about the program. You just can't loose (no pun intended, cause you do loose weight and inches) doing the Shred Power Cleanse program. I will be picking up two more copies of the book today at the local stores to give away so that someone's life can be transformed and changed like mines. Paying it forward this is what I do. Don't think twice about whether or not if you should get the book, buy the book, your body will thank you for it.

I pre-ordered The Shred Power Cleanse in July and actually received it a day early on 12/28. I was already a fan of Dr Ian Smith's previous Shred plans and was very much looking forward to this book. I am not disappointed! The book first explains detoxification and then what the Power Ingredients do for you (which I love). It's easy to see results on the scale, but this explains what this cleanse can do for your insides. The book then explains the Cleanse. Following that is the plan, day to day. It looks repetitive, but I personally like it spelled out. No guessing. In the back are 50 recipes for shakes and smoothies that include the Power Ingredients. There are a couple of items that may require a trip to the health food store, but the majority will be found in the fresh or frozen food section of your local grocery. Overall, this is seems to be a very realistic, healthy, and balanced cleanse that focuses on re-setting your body with a nice side effect of weight loss. Obviously, I have not done the two weeks yet, but I have had awesome success rotating through Dr. Smith's other programs. I would recommend this and/or any of his plans to anyone who wants to lose weight the healthy way.

I did this cleanse over the summer and LOVED it! I had success with Dr. Ian's SHRED & Super SHRED so it was just natural that I would try this cleanse and I'm so glad that I did. I've maintained a size 10 for 2 1/2 years but wanted to do a good cleanse. In 2 weeks, I lost 8 lbs. and went from a size 10 to a size 8!! This book comes with lots of great bonuses too like an extra weekend cleanse, built in journal and lots of great original recipes!! I've done the weekend cleanse many times and it's my go to when I want to drop 4-5 lbs. quick. Don't worry about counting calories, Dr. Ian has done that already. He tells you exactly what to do and when. One of my favorite things about his

programs and this cleanse is that he breaks it down and makes it easy to do, easy to understand and easy to lose those unwanted lbs. I also LOVE the "SHRED thoughts" included at the beginning of each day. His philosophy of being optimistic and happy really carry over with the SHRED Power Cleanse and it truly transcends what's on the market today for a "healthy cleanse". He's also included the most current and up to date information on how the body detoxifies and breaks down the power ingredients that's included. You NEED this book. I like to share healthy things with friends and family and this will definitely be one of those. I have a copy already and another on the way! :)

This book is amazing!! I had the honour to to the trail for Shred Power Cleanse over the summer. I lost 7.5lbs . But not only loosing the pounds. My hair and skin looked better. I was waking up earlier and with more energy throughout the day. This book is a must have for anyone looking to jump start a healthier lifestyle. I am still doing the the Purple Detox Smoothie everyday, it is my new LOVE !!! Move over GREEN SMOOTHIE..... Another one of Dr Ian's books to add to my collection. Thanks YOU so much for your knowledge and teaching me a HEALTHY LIFESTYLE !!! HIGH 5 !!!

This is a terrific program I read the book from cover to cover. What is even better is that the author, Dr. Ian Smith, will help you PERSONALLY every step of the way! He makes his email available to answer questions -- who else does that? No One! Plus there are facebook pages where we can talk to other "Shredders" and get ideas, pointers, helpful answers. The Shred Cleanse is the best way to start the New Year!

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