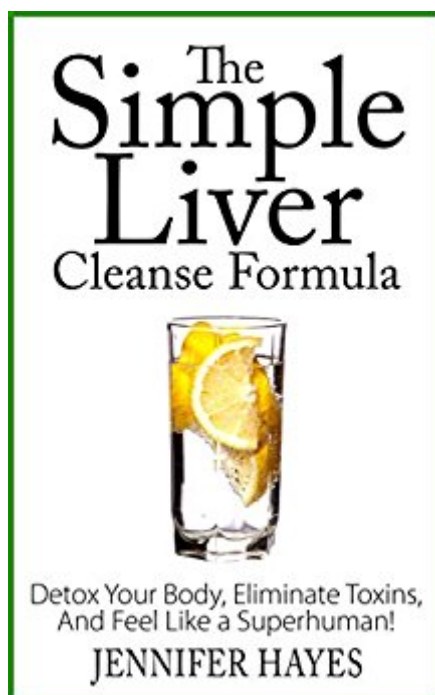


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# The Simple Liver Cleanse Formula: Detox Your Body, Eliminate Toxins, And Feel Like A Superhuman!



## Synopsis

Get The Kindle Edition FREE When You Purchase The Paperback Edition TODAY For Only \$8.99! Hurry Limited Time Offer. Cleanse Your Body, Eliminate Toxins, And Feel Like a Superman! Here are what some people have to say: "Yes! It works!!! I never believed in this whole liver cleanse thing. I even did a cleanse a couple months ago which did almost nothing for me. The pressure in my gallbladder built up so much that I had already started to look into surgery. I decided to try one more cleanse. Best decision I ever made. I passed close to a 100 stones. Thanks Jennifer!" "This is actually one of the most eye-opening books I have ever read. The flush passed at least 200 stones. The next day I literally 5 years younger. If you've had your gallbladder removed it's definitely a must! I didn't know that Liver Cleanse, detoxification, and liver maintenance is one of the fastest ways to lose excess weight and keep it off. Talk about 2 birds with 1 stone. You might already know this...but the main functions of the liver is to separate nutrients from food, make bile, remove toxins from the body, and build proteins. It's one of our most important organs and has a massive effect on our bodies. So we probably want to take good care of it right? And, I'm sure you don't want to experience those extremely Painful gallstones! If you're like me and feel overwhelmed with the amount of cleanse/diet plans out there, and having to choose which one is best for you, look no further. It took me ages to sift through the mass amounts of content out there to finally find something that works. I spent several months boiling all my research and knowledge down to it's simplest juicy form...My book takes out all the nitty-gritty page filling non-sense that most authors are forced into putting in their books by their publishers to fill up the book. I give you only the information you NEED to know and can actually USE. It's just how you like it | short, sweet, and straight to the point. In This Book You Will Learn:- What Are the Signs and Symptoms of Gallstones In the Liver?- What Causes Gallstones- How to Easily and Painlessly Remove Gallstone In the Comfort of Your Own Home- A Full Complete 7-Day Liver/Gallbladder AND Diet Program- Epsom Salts For Liver Cleanse? Are They Good or Bad?- Liver Friendly Recipes For Breakfast, Lunch, and Dinner- What to Expect After The Cleanse- How to Avoid Gallstones In The Future Why Should You Get MY Liver Cleanse Book?- What a lot of books don't tell you is what to do BEFORE actually doing the liver cleanse to make the whole process a lot easier on your body. I tell you all about this in Chapter 2.- Should you use Epsom Salts? Do they actually pull toxins out of your body or is it a pile of crap? I interviewed several practicing doctors to see what they had to say.- I have designed a complete 7-Day Cleanse AND Diet Program.- I have also included a whole section on Liver Friendly Recipes to help you maintain that amazing post-cleanse body you worked hard for. I even threw in some soups, salads, and my

favorite... Kidney Tea!If youâ™ve ever tried to do a cleanse before and failed - donâ™t worry! It wasnâ™t your fault. You just havenâ™t been guided by the right person yet.So what are you waiting for? Dive into the book now and learn everything you need to know about The Liver Cleanse and how to avoid those painful! gallstones.Click the Orange âœBuy Nowâ• Button and Say Hello To A Healthier Cleaner Liver!FREE GIFT!:Don't forget to download your Free Gift, just my way of saying "thank you."Scroll Up And Start Reading Instantly For Only \$2.99. Holiday Special Only..

## **Book Information**

File Size: 1025 KB

Print Length: 38 pages

Simultaneous Device Usage: Unlimited

Publisher: LTL Publishing (August 13, 2014)

Publication Date: August 13, 2014

Sold by:Â Digital Services LLC

Language: English

ASIN: B00LBXXY1M

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #75,018 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #18 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Special Conditions > Low Cholesterol #20 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Low Cholesterol #21 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Holistic

## **Customer Reviews**

I've done other cleanses including a pilates cleanse that involved mainly eating vegetables, fruits and legumes and other more unnatural commercialized cleanses sold by GNC that basically make you take a lot of pills. Having tried such cleanses before I know how amazing you can feel after and have been wanting to venture into liver cleansing for some time but felt intimidated by it. This book really made it easy for me by guiding you throughout the whole process and the cleanse is all natural. The first couple of chapters provides a lot of information on the benefits of liver cleansing,

the symptoms and what it liver cleanse really even means. It then basically holds your hand and walks you specifically through the cleanse. The diet is broken down for you by the HOUR, providing you specific recipes and what to expect. I loved how simple it was. Overall, it was exactly what I was looking for - highly recommend.

Highly recommended for anyone with gallstone troubles. I loved the step-by-step schedule on exactly how to implement the liver cleanse into your daily life. The recipes she recommends are not only healthy, but taste great too

Anyone with gallstones knows how import liver cleanse and detox can be. They are not pleasant, but you can do something to help. This book is a helpful road back to recovery and tells you what you need to do when to prevent a recurrence or head the whole thing off before it starts. The list of symptoms is instructive so you can also help others. Getting a cure for yourself will make you an advocate. Eating and drinking habits are also an eye opener along with medications and lifestyle issues. Getting control and then taking the cleanse is way to go. Diet advice is a bonus.

Very impactful book! Shows a lot we are unaware of and the importance of cleansing your liver so it can do its job! Very useful guide in learning the benefits along with the perfect steps on getting and keeping a clean liver! I found it very informative and it has everything you need to know!

This book does a fantastic job of covering everything relevant to regaining a healthy, functional liver in a simple way, making things easy to understand and take action on. It gives a great explanation of what gallstones in the liver are and what exactly causes them. Perhaps most importantly, it explains how to identify whether or not you may be suffering from gallstones via several visual cues - some of which may surprise you! The process of cleansing your liver and removing the gallstones is broken down nicely into a step-by-step process, and the book does well to explain the "why" behind every step and action you will be asked to take. It's also great that the book teaches how to avoid having liver issues again in the future - very important, since you wouldn't want to go through the whole cleansing process only to bring the same problems back upon yourself. 5 Stars - well deserved!

There is so much people should know about protecting their health from lifelong poor habits, especially where eating is concerned; drinking too. If we don't change the typical eating habits in our

population, our livers are ravaged! This book really helps for taking care of our liver. I loved the explanations of how your liver effects everything in your body. Your weight, your over all health, your moods. This book has inspired me to rethink my personal diet and the function of my liver. I will be kinder to my liver from now on. Author did an excellent job of explaining why your liver needs to cleanse and stay healthy.

This book is good because it not only tells you how to organize but also shows you how. It was tells you how to get rid of things. Also it suggests things you ready need to get rid of and things to keep. Its a good book to read and reread. I've been wanting to read this book for awhile and finally got time when I couldn't sleep last night. It is a great compilation of many tips that I've read in different places. Since I'm an organizer I read a lot of books that come on the market about this subject. This one has the advantage of gathering many great ideas into one easy to read/apply volume.

I am really happy to have his book. Now i have learned a lot about ways i can detoxify myself and my liver to be specific in order for me to be free from any liver problem like gallstone and so many others. This book also pointed out the signs and symptoms of gallstone and also what causes it. I also got to learn about Epsom salt and also what i can do with it, as well as how i can be able to use it in cleansing my liver. I am really glad to have a book like this one.

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