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Daily Greens 4-Day Cleanse: Jump Start Your Health, Reset Your Energy, and Look and Feel Better than Ever!

Shauna R. Martin

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Shauna R. Martin : Daily Greens 4-Day Cleanse: Jump Start Your Health, Reset Your Energy, and Look and Feel Better than Ever! before purchasing it in order to gage whether or not it would be worth my time, and all praised Daily Greens 4-Day Cleanse: Jump Start Your Health, Reset Your Energy, and Look and Feel Better than Ever!:

3 of 3 people found the following review helpful. Green GoddessesBy GraniaWhile the stories behind it are genuine and authentic, (illness of her and her sister), reason I was drawn to book, the premise seems done and done again. Granted this is a few years old. The good is it is short, concise, focused, and doable. The author sells her product in supermarkets, but if you want to recreate them fresh and at less expense this is a guidebook or how-to. I also think some of the side effects of detox should be listed, and maybe adding taking activated charcoal. If you have any

medications/supplements/heavy metal fillings in your body it is more than a health crisis. Your liver / kidneys /pancreas will be so overloaded getting rid of bad stuff, it is too much too fast. (although to her credit, the recommendations are to wean yourself medications, some people do not). This book was recommended by an affiliate website so I went for it. Caveat: I have about 10 books on juicing.0 of 0 people found the following review helpful. really enjoyed this bookBy Dan JohnsonI really, really enjoyed this book! I was inspired by the story of the author (in the preface). Specifically, how a diagnosis eventually led the author to create Daily Greens. Furthermore, I liked the simple and easy to make recipes in the book. The book easily deserves five stars and I would highly recommend it!0 of 0 people found the following review helpful. Must readBy Nicole AKLoved the book and loved the recipes. Felt so refreshed and awake while doing this cleanse. I have continued to incorporate juices daily! And I lost 6lbs doing the cleanse!

"Daily Greens is the way I start my day every day. Before I go to the gym and before I get onstage. It gives me that extra kick in the butt that I love." - Joey Kramer, Aerosmith Are you craving junk foods? Feel sluggish and tired all the time? Fueling yourself on caffeine and sugar on a daily basis? Then it's time reset your mind and body with the Daily Greens 4-Day Cleanse. Jump start your body and give yourself a "spring cleaning" during the week so you're refreshed and looking amazing for the weekend. The book features four key cleanses: one for each season of the year (Spring, Summer, Fall, and New Year). The vegetables and fruits in each cleanse are selected to coincide with fresh, delicious seasonal produce so that you can juice right in your own home. Try the 4-day cleanse or if it's right for your lifestyle, try the 7- or 10-day cleanse. The best part? You don't have to eliminate food on the Daily Greens cleanse. Founder Shauna Martin recommends a raw diet while you juice, so you're not just limited to just liquid, and you'll still be able to refresh, rejuvenate, and reset as you would with other cleanses. So you get the same benefits of a cleanse without starving yourself! No more cleanse headaches or irritability, and you'll feel the results almost instantly. You can make these yummy green recipes right in your own kitchen, anytime you want. Daily Greens juices contain easy to follow recipes that include up to 6 pounds of raw produce cold-pressed into each bottle. Each juice is the equivalent of 9 servings of fresh vegetables and fruits. They are naturally low-calorie because less than 10% fruit is used so you don't spike sugar levels. No water, sugar, or preservatives are added. The juices are naturally vegan, naturally gluten-free, naturally dairy- and soy-free, non-GMO project certified, and absolutely delicious. So if you're ready to reset your body, lose weight, or just give yourself a much-needed energy boost, the Daily Greens 4-Day Cleanse has exactly what you need. With a foreword from Mayim Bialik, star of The Big Bang Theory.

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