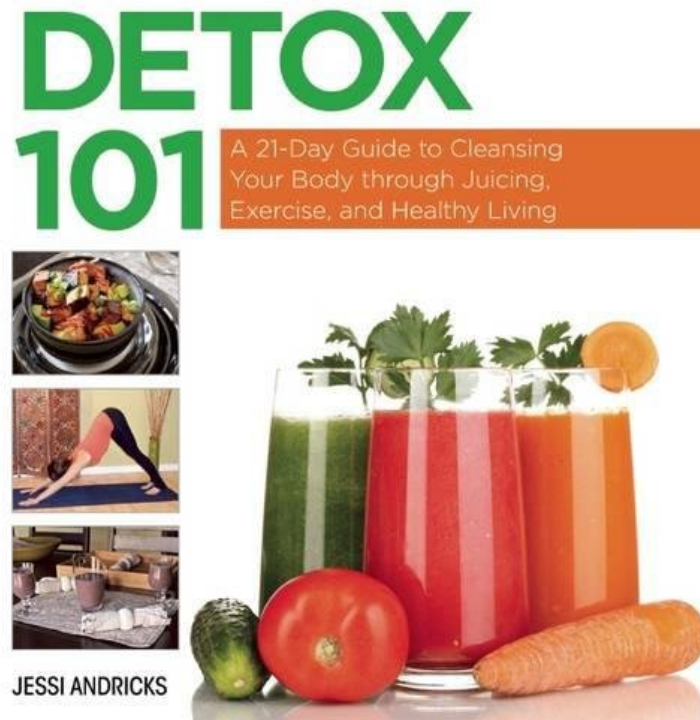


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## Detox 101: A 21-Day Guide to Cleansing Your Body through Juicing, Exercise, and Healthy Living

Jessi Andricks

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**Jessi Andricks : Detox 101: A 21-Day Guide to Cleansing Your Body through Juicing, Exercise, and Healthy Living** before purchasing it in order to gage whether or not it would be worth my time, and all praised Detox 101: A 21-Day Guide to Cleansing Your Body through Juicing, Exercise, and Healthy Living:

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Detox 101 is your twenty-one-day guide to cleansing without deprivation. In this program, you will clean out your body, mind, and soul to bring you back to a whole, healthy, and happy you for life. You'll be guided through twenty-one days of healthy eating, drinking, moving, and thinking. You'll learn simple ways to incorporate healthy habits into your daily life as well as do some deep cleansing for all your systems.The twenty-one-day program starts with a focus

on food, moves towards exercising, and ends with the chance to turn your focus toward your inner state. During the detox, you'll focus on whole, healthy foods, avoiding foods that might trigger digestive upsets or inflammation in the body. You'll learn how to exercise to create more energy, rather than deplete it, and you'll take time each day to tune out and check in on yourself. Detox 101 features exercise programs and plans, meal plans, and over fifty healthy, whole food recipes. The twenty-one-day plan features a daily routine, complete with affirmations, exercises and poses of the day, recipe tips, and more, all to get you living the happy, healthy life you deserve!

About the Author Jessi Andricks is a certified yoga teacher, health coach, mind-body fitness instructor and writer. She has been featured on multiple health and wellness sites, including her own site The House of Healthy, where she features recipes, holistic workouts, healthy living tips, and online health-coaching programs. Jessi lives her passion for a healthy life by teaching and inspiring others through empowering yoga classes, juicing and detox workshops, and a love for an energetic life. She lives in Summerville, South Carolina.