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What Matters

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October 09th 2013: To Cleanse or Not To Cleanse

Somewhere on a weight loss or healthy lifestyle journey the question always arises: Should I do a Cleanse? And how do I know which cleanse to do? Three day, seven day, 21 day? What about after a cleanse, then what? Let's talk about the nutritional reason to do a cleanse, or not. We'll discuss how to evaluate a product. Do you need a product? Are there foods that work as well? Let's consider how to select the right approach for you!



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