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What Is The 12 Day Smoothie Detox

The Nutrition Part Of The Program Consists Of A Green 12-day Smoothie Meal Plan That Will Help You Detoxify Your Body And The Wellness Department Consists Of A 12-day Devolutional That Will Help You Detoxify Negative Emotions From Your Soul. This Brings A Holistic Approach To This Program. Mar 16th, 2024

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“10-Day Detox Diet Whole Protein Smoothie”

“10-Day Detox Diet Whole Protein Smoothie” *From Dr. Mark Hyman’s Book: 10-Day Detox Diet Ingredients: (1 Serving) • 1 Cup Frozen Mixed Blueberries • 1 Tbsp. Almond Butter • ¼ Avocado • ½ Tbsp. Extra-virgin Coconut Butter • 1 Tbsp. Pumpkin Seeds • 1 Tbsp. Chia Seeds • 1 Tbsp. Hemp Seeds • 2 Walnuts • ½ Cup Unsweetened Almond Milk" • ½ Cup Water" Jan 4th, 2024

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Herbal Clean Premium Detox Is A Gentle 7 Day Whole Body Cleansing Program Designed To Noticeably Enhance Your Wellness Through Detoxification, Natural Herbs/supplemen May 13th, 2024

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