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Lori Kenyon Farley, Marra St. Clair

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Lori Kenyon Farley, Marra St. Clair : The Juice Cleanse Reset Diet: 7 Days to Transform Your Body for Increased Energy, Glowing Skin, and a Slimmer Waistline before purchasing it in order to gage whether or not it would be worth my time, and all praised The Juice Cleanse Reset Diet: 7 Days to Transform Your Body for Increased Energy, Glowing Skin, and a Slimmer Waistline:

2 of 2 people found the following review helpful. I really enjoyed this book
By Scott J Pietka I really enjoyed this book. It is not only useful for knowledge about how to feed your body and prepare for a cleanse, but it provides you with many recipes on how to make smoothies and information on how food works within your body. It also teaches you about our food system and labels, which allows you to become an informed consumer. Marra and Lori did a killer job!!! I've bought this book for four of my friends and they all loved it too.
2 of 2 people found the following review helpful. Juice Cleanse Diet book review
By LH Very rigorous cleanse. Unfortunately my willpower is not as strict. The recipes are good, book is quite informative and the pre cleanse diet was actually quite helpful in preparing for the juice cleanse itself.
0 of 0 people found the following review helpful. Five Stars
By Allison I bought this book for a school project and it fit the job

This groundbreaking juice cleanse and diet—based on the wildly popular Ritual Reset Cleanse—completely resets your system in just seven days to clear toxins and acidity, reduce cravings, and promote lasting weight loss. First, identify what type of cleanse you need based on your current dietary habits, and then choose from sixty delicious recipes to eat and drink your way to optimal health.

“I would recommend this cleanse to anyone. It will reestablish your mindset, filter your internal organs, and get you on the right track to make healthier food choices.” —Patrick Murphy, celebrity fitness coach and weight loss expert
“The Juice Cleanse Reset Diet highlights the importance of organic, wholesome nutrition and provides convenient, delicious ways to incorporate greens into our everyday lives.” —Andrew Abraham, MD, founder and CEO of Orgain, Inc.
“These two women are stars.” —Max Goldberg, founder of Pressed Organic Juice Directory
“This reset is a powerful tool to help us achieve and maintain optimal health.” —Ashley Koff, RD, nutrition expert and health advocate
“By drinking these juices regularly, I’ve discovered a direct correlation between consuming large amounts of nutrients and live enzymes and increased performance and durability.” —Prince Fielder, professional baseball player
“I recommend this cleanse to my clients for its immediate rewards: renewed energy, strengthened immunity, mental clarity, vibrant hair, and smooth skin.” —Kristan Serafino, celebrity hairstylist and beauty blogger
“This cleanse is a great way to jump-start your path to optimal health.” —Tasneem
“Dr. Bhatia, MD, medical director of Atlanta Center for Holistic and Integrative Medicine and author of What Doctors Eat About the Author Lori Kenyon Farley and Marra St. Clair are the founders of Southern California’s popular Ritual Juice Cleanse program and considered among the top cleansing experts in the United States. Lori is a hedge-fund manager turned certified nutritional consultant, and Marra is a certified Pilates instructor, personal trainer, and nutritional consultant. Visit the Ritual website, www.ritualcleanse.com, for more information.”
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The Juice Cleanse Reset Diet The Juice Cleanse Reset Diet is the program we developed from all of our research, experience, and first-hand observation. It provides a simple and easy way to help you reset your attitude, energy level, metabolism, taste buds, weight, and beauty. We’ll talk more about what it means to reset all of these areas in the next chapter, but generally speaking, this is about producing weight loss and new levels of health, youth, and energy without resorting to quick fixes or invasive procedures. After years of guiding people through our home-delivered Reset Cleanse, we have learned a lot about what support people need, what works, and what doesn’t. We developed the Juice Cleanse Reset Diet to provide a bridge for you to get from where you are now to where you want to be: the slimmer, younger-looking, more energetic, healthier you. Many of our celebrity clients have used our juices to prepare for a movie, slim down for a wedding, drop baby weight after the birth of their children, or get red-carpet ready. Professional athletes have enhanced their performance and rebuilt after injury, and many of our clients have used our Reset Cleanse products to reset their eating habits after letting them slide on vacation, to jump-start a weight-loss program, or to treat a health issue. People have the most significant and lasting results when our three-day Reset Cleanse is used as part of a seven-day plan. We start with two days to prepare your body and mind for the cleanse, and then give you two days to ease back into eating solid food after the cleanse. We will tell you everything you need to know before you start cleansing, and we’ll even give you a short quiz to help you determine what type of cleanse is right for you. (Don’t worry, there are no wrong answers and our Juice Cleanse Reset Diet works for everyone, whether you’ve been eating junk food for the last twenty years or you eat completely raw, organic, and vegan.) And since we don’t want to leave you hanging after you successfully complete the seven-day program, we give you lots of tips and advice for maintaining your new way of eating and living. And finally, since we all want to look our best before a special occasion (like a wedding, a high school reunion, or even a big work meeting), we’ve included three bonus resets that we call “supercharged resets”; these intensive three-day, ten-day, and twenty-one day programs will create dramatic results. As you embark on this plan, you’ll be amazed at how easy it is to follow, how satisfied you feel, and how much energy you have. You will also be surprised to experience an effortless change in your cravings and thoughts about food and what you put into your body. The Juice Cleanse Reset Diet is highly adaptable to any nutritional style. If you like chicken, you will continue to eat chicken. If you’re a vegetarian,

you won't need to introduce meat into your diet. You will simply learn how to eat in a way that keeps your body clean following your reset. You will also learn how to easily work exercise into your reset and how to sustain those eating and exercise habits for life. This is a groundbreaking way to return your body to optimal health and fitness without depriving yourself of the nutrients you need or disrupting your daily routine. Our easy, accessible recipes and preparations are perfect for you anywhere, anytime. Seven days from now, when you reflect on how much better you look and feel, you'll realize that your results are sustainable for the rest of your life. Are you ready to reset? Let's get started!