



The Only Cleanse: A 14-Day Natural Detox Plan to Jump-Start a Lifetime of Health

Samantha Heller

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News flash: Your body already knows how to detox; you just need to turn on the right cues to make it happen. Here's how, with a 14-day plan that will change your life forever.

Time to detox and cleanse? Don't go with a fad diet that makes promises you can't keep (all juice, all the time?sound familiar?). Instead, turn to Samantha Heller for a program that really works.

Cleanses, detoxes, and other purifying practices have been around for hundreds of years, from fasting to juicing and everything in between. Not all of them are tried-and-true, and most aren't scientifically sound. But finally, here it is: the only cleanse you'll ever need. *The Only Cleanse* is uniquely designed to fully integrate, elevate, and reestablish the body's biochemical balance. Heller uses a five-pronged approach that covers diet, stress, emotions, exercise, and sleep. She also reviews existing detox plans and explains the pros and cons, further emphasizing why her plan is the *only* one you need.

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