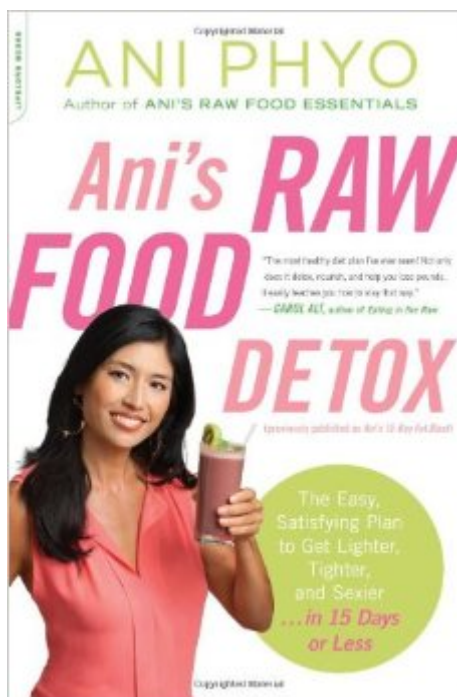


The book was found

Ani's Raw Food Detox [previously Published As Ani's 15-Day Fat Blast]: The Easy, Satisfying Plan To Get Lighter, Tighter, And Sexier . . . In 15 Days Or Less



Synopsis

Want to look younger and feel better? Want to increase your energy levels, build lean muscle, and enhance immunity? Want to do all this while eating delicious, easy meals that will leave you feeling satisfied and full of energy? Welcome to Ani's Raw Food Detox. Award-winning chef, health coach, and consultant Ani Phyo offers an easy, delicious 15-day program based on nature's real "fast foods." The plan is simple: eat up and speed up the cleansing, detoxing, and fat-burning process by using all-natural whole food ingredients. Watch the pounds fly off as you gain boundless energy and clear, radiant skin while at the same time lowering your risk for chronic diseases. Designed to help you get optimal results and achieve your detoxing and immune-boosting goals, Ani's Raw Food Detox offers:

- Top detox and fat-fighting strategies and tools
- Lists of foods that accelerate cleansing, detox, and your metabolism
- More than 50 quick, easy, delicious recipes
- Menus and shopping lists for each phase of the plan
- Strategies for long-term health and maintenance

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Customer Reviews

This is the first time I write review on webside even though I've been shopping here for years and I've been loving lots of things I bought here. Today I'm writing because this was the best purchase I ever made on . Only 6 weeks ago I was overweight, feeling tired all the times, could't sleep, I was constantly in bad mood and when summer started I was angry at myself for not doing anything about that "whale body" sooner. To be functional again I needed change-BIG ONE-and I knew I felt like I felt because of the food I've eaten. Overeating, lots of sweets, little excercise-even though I eat

lots of fruit and veggies. I knew I need to shrink my stomach and boost energy. I started with 4 day juice detox-I never fasted only 1 day in my life so the first two days were nightmare but the third and forth day I began feeling changes and tons of energy so I decided to go further and extended to 7 days. After that my body was cleared of toxins, excessive water - I lost few pounds and felt great. It only came natural to me to go to healthy way of eating and because I needed to loose more than 15 pounds I looked and found this program. It started with 3 days of smoothies and soups so my body wasn't shocked from food after the juice detox and I started to slowly add other food-THE BEST FOOD WHICH OUR PLANET PRODUCES. I did 15 days, added another 15 because I felt amazing and lost almost 14 pounds and now I'm on week 6 and don't want to go back to normal way of eating yet so I bought other Ani's Raw food books and I continue to eat this way untill I loose it all-maybe even more:-) Because I started excersise daily too. I have so much energy now that I wake up after only 6 hours of sleep and start my day with 1.5 hr of any kind of excersise. Before I slept 9-10 hours and was tired from morning till evening. So I HIGHLY RECOMMEND THIS BOOK BECAUSE EVERYONE WHO WANTS CAN DO IT AND CHANGE EVEN THE WORST EATING HABITS:-)

I've glided through the days on this raw food detox (i'm on day 13 today) and many thanks to Ani Phyo it has been so easy in spite of a few bumps. The recipes are tasty and satisfying with just the right amount of what-the-heck-is-this in the mix to shake up my old eating patterns and blast me off into a new universe of nourishment. The raw cacao brownies with raspberries are fantastic! I'm not a great cook but the recipes are simple to make with elegant results! And, I feel so good physically and emotionally that even though I didn't plan to continue to eat raw after the 2 weeks, i'm seriously rethinking that.I especially appreciated advice like this in the book...."Remember, the main reason for weight loss is an expression of self love; It's to benefit you, and only you. You're taking time and making the effort because you want to look and feel better." Perfect!This is a well thought out book with a plan that works for me.

I have tried the raw till 4 and the 80/10/10 Raw Diet, but the raw till 4 made me gain weight and the 80/10/10 made me feel like I was hungry all of the time, my nerves were on edge and I could not sleep. Granted, I did lose weight faster on the 80/10/10 diet, but it was not sustainable for me. After 2 months of starving, feeling awnry and not sleeping, I quit and gained 2/3rds of my weight back. With Ani's Raw Food Detox, I am losing weight more slowly than 80/10/10, but it is sustainable. Losing weight slowly is a more healthy way to lose weight. I am always satiated. I sleep like a baby.

My skin is looking more supple and I look and feel young, again. Thanks Ani for the perfect diet! The food tastes quite good, too!

Finally, a detox program that works for me! I am on day 9, and feel great (and have lost a few pounds too!). Ani makes it fun, and interesting (I have found myself looking forward to the next meal, or shake!). On Ani's program I have never felt hungry! I really like this program, because I am not depriving my body of anything. (you 're still feeding your body with lots of vitamins, minerals, and protein). As another reviewer stated; I like my soups on the warm side, but Ani's recipes are so delicious, I enjoyed the soups in phase 1 & 2. I plan on making some of Ani's recipes, even when I am done with her detox program!

This book was recommended by our daughter. My husband and I followed the 15 day de-tox program. We haven't been into raw foods at all, and we were surprised at how much we liked this program, and how good our food tastes. Even if you don't follow the program, the smoothies, soup and salad recipes are good for anyone wanting to eat more healthfully.

I love this book by Ani, just like I love all of her others. I own those too! Recipes are simple and easy to make and delicious. She is the reason for raw food made easy, simple, and delicious to me! I will continue to buy and support her efforts.

Recipes are so good. We have been making the soups for 2 weeks and I have lost 5 lbs. Now just to keep them off! I do feel so much better. I honestly have not felt better in my life. (The tons of hot yoga helps).

I think Ani's recipes, as a whole, are good and simple. In this book (unless I missed something) the recipes are dehydrator free. While I enjoy my dehydrator I prefer not to use it as a basis for my raw food diet. Good information about detoxing and easy to incorporate. Thank-you Ani's for advocating a TV free life. Additionally, Thankyou for printing books in the USA.

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