

THE 3-DAY
Energy
FAST

Cleanse Your Body

Clear Your Mind

Calm Your Spirit

PAMELA
SERURE

Foreword by DONNA KARAN

3 Day Energy Fast Get Calm Get Clean Get Clear

Peipei Pang



3 Day Energy Fast Get Calm Get Clean Get Clear:

The 3-day Energy Fast Pamela Serure, 1997 This physical and spiritual health plan offers a three part approach the Fast shows how to make simple combinations of fruit and vegetable juices Meditation and Breathing exercises are designed to eliminate toxins and a final section covers Creating Ritual and Discipline in Your Life *The British National Bibliography* Arthur James Wells, 1999 **Collier's**, 1928 *Positive Energy* Simone Janson, 2025-05-28 Also in the 7th revised and improved edition published by a government funded publisher involved in EU programs and a partner of the Federal Ministry of Education you receive the concentrated expertise of renowned experts overview in the book preview embedded in an integrated knowledge system with premium content and 75% advantage At the same time you do good and support sustainable projects Because positive energy can contribute decisively to manage job and everyday life better more relaxed and in the end also more successful The secret lies in the power of positive thinking This allows negative thoughts to be consciously controlled and thus gradually get rid of If you change your perspective and your attitude towards something you will quickly notice how your own perception and thus the thing itself change for the more positive How you develop resilience and become a strong personality with the help of positive psychology mindfulness and the right beliefs this book shows With its integrated knowledge system and Info on Demand concept the publisher not only participated in an EU funded program but was also awarded the Global Business Award as Publisher of the Year Therefore by purchasing this book you are also doing good The publisher is financially and personally involved in socially relevant projects such as tree planting campaigns the establishment of scholarships sustainable innovations and many other ideas The goal of providing you with the best possible content on topics such as career finance management recruiting or psychology goes far beyond the static nature of traditional books The interactive book not only imparts expert knowledge but also allows you to ask individual questions and receive personal advice In doing so expertise and technical innovation go hand in hand as we take the responsibility of delivering well researched and reliable content as well as the trust you place in us very seriously Therefore all texts are written by experts in their field Only for better accessibility of information do we rely on AI supported data analysis which assists you in your search for knowledge You also gain extensive premium services Each book includes detailed explanations and examples making it easier for you to successfully use the consultation services freeky available only to book buyers Additionally you can download e courses work with workbooks or engage with an active community This way you gain valuable resources that enhance your knowledge stimulate creativity and make your personal and professional goals achievable and successes tangible That s why as part of the reader community you have the unique opportunity to make your journey to personal success even more unforgettable with travel deals of up to 75% off Because we know that true success is not just a matter of the mind but is primarily the result of personal impressions and experiences Publisher and editor Simone Janson is also a bestselling author and one of the 10 most important German bloggers according to the

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Get Off Your Acid Daryl Gioffre,2017-02-14
Easy customizable plans two day seven day and longer to rid your diet of the acidic foods that cause inflammation and wreak havoc on your health Let s talk about the four letter word that s secretly destroying your health ACID An acidic lifestyle consuming foods such as sugar grains dairy excess animal proteins processed food artificial sweeteners along with lack of exercise and proper hydration and stress causes inflammation And inflammation is the culprit behind many of our current ailments from weight gain to chronic disease But there s good news health visionary Dr Daryl Gioffre shares his revolutionary plan to rid your diet of highly acidic foods alkalize your body and balance your pH With the Get Off Your Acid plan you ll Gain more energy Strengthen your immune system Diminish pain and reflux Improve digestion focus and sleep Lose excess weight and bloating naturally With alkaline recipes for easy delicious snacks and meals Get Off Your Acid is a powerful guide to transform your health and energy in just days I ve never had more energy If you re looking for a total health transformation this is it Bobbi Brown

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has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea

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