



The Shred Power Cleanse: Eat Clean. Get Lean. Burn Fat.

Ian K. Smith M.D.

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Dr. Ian is answering Shredder Nation's call for a short-term, fast-acting cleanse that will help you reset and power through to your new weight loss goal!

The SHRED Power Cleanse takes the classic detox plan to a new level. You won't find any fiberless, anemic juices on this regimen! Dr. Ian lays out each day of the two-week program, giving you everything you need to jump-start BIG change:

- More than 50 smoothie recipes built to boost your immunity and maintain your protein and fiber intake, including Dr. Ian's signature Purple Power Cleanse smoothie
- Fresh salads and other clean foods to fill you up and keep your energy level high
- Detoxifying exercise regiments for beginner, intermediate, and advanced levels
- A Weekend Power Tune-up bonus, designed to keep you on track long after the two weeks of the cleanse are up and all some Shred Cleansers will need.

The SHRED Power Cleanse will keep you satisfied, clear your mind, and leave you several pounds lighter.

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Michael Auten:

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Raymond Striegel:

Spent a free time for you to be fun activity to try and do! A lot of people spent their free time with their family, or their own friends. Usually they accomplishing activity like watching television, gonna beach, or picnic inside the park. They actually doing same every week. Do you feel it? Do you want to something different to fill your free time/ holiday? Can be reading a book can be option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to attempt look for book, may be the publication untitled The Shred Power Cleanse: Eat Clean. Get Lean. Burn Fat. can be very good book to read. May be it can be best activity to you.

Dennis Ross:

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