

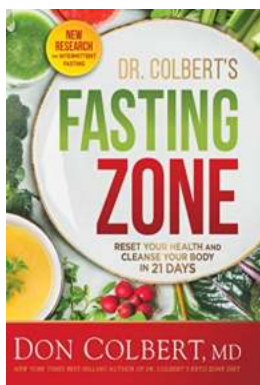
Reset Your Health And Cleanse Your Body In 21 Days

Are you feeling sluggish, tired, and unmotivated? Do you find yourself constantly reaching for unhealthy snacks and drinks? It might be time to reset your health and cleanse your body. With a 21-day program, you can jumpstart your journey towards a healthier lifestyle and achieve lasting results.

Our bodies are constantly exposed to toxins from the food we eat, the air we breathe, and the products we use. Over time, these toxins can build up and affect our overall health and well-being. By following a cleanse program, you can rid your body of these toxins and improve your energy levels, digestion, and immune system functioning.

The Benefits of a 21-Day Cleanse

Embarking on a 21-day cleanse can have numerous benefits for your physical and mental health:



Dr. Colbert's Fasting Zone: Reset Your Health and Cleanse Your Body in 21 Days

by Don Colbert (Kindle Edition)

★★★★☆ 4.6 out of 5



1. Increased Energy Levels

By eliminating processed foods, refined sugars, and caffeine from your diet, you allow your body to focus on real, wholesome foods that provide sustainable energy. You'll notice a significant increase in your energy levels, allowing you to be more productive and engaged throughout the day.

2. Improved Digestion

A cleanse program can help to repair your digestive system by eliminating foods that may be causing irritation or inflammation. By incorporating fiber-rich foods and digestive enzymes, you can optimize your gut health and experience improved digestion.

3. Enhanced Mental Clarity

Toxins in your body can contribute to brain fog and a lack of mental clarity. By detoxing and providing your brain with proper nutrition, you'll experience improved focus, concentration, and mental sharpness.

4. Weight Loss

One of the common side effects of a cleanse program is weight loss. By eliminating unhealthy foods and focusing on nutrient-dense options, you'll shed excess pounds naturally and feel more confident in your own skin.

The 21-Day Cleanse Program

Now that you understand the benefits of a cleanse, let's dive into the details of a 21-day program that can help you reset your health and cleanse your body:

1. Eliminate Processed Foods

Start by removing processed foods from your diet. These foods are often high in added sugars, unhealthy fats, and artificial ingredients that can hinder your progress. Instead, focus on whole, unprocessed foods such as fruits, vegetables, lean proteins, and whole grains.

2. Reduce Added Sugars

Sugar is a major contributor to weight gain, inflammation, and numerous health issues. Limit your intake of added sugars by cutting out sugary drinks, desserts, and processed snacks. Opt for natural sweeteners like honey or opt for fresh fruits instead.

3. Increase Water Intake

Hydration is key when it comes to cleansing your body. Aim to drink at least 8 glasses of water daily, or more if you're physically active. Water flushes out toxins, keeps your organs functioning optimally, and improves your overall well-being.

4. Focus on Plant-Based Foods

Incorporate a variety of plant-based foods in your diet, such as leafy greens, cruciferous vegetables, legumes, and nuts. These foods are rich in essential nutrients, fiber, and antioxidants, which support your body's natural detoxification process.

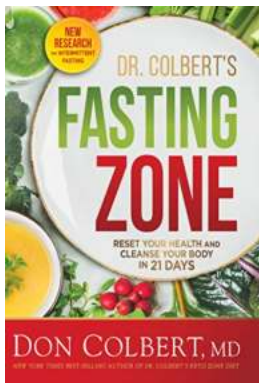
5. Practice Mindful Eating

Take the time to savor and appreciate each meal. Mindful eating involves being fully present during your mealtime, paying attention to the flavors, textures, and sensations. This practice can help you make better food choices and prevent overeating.

6. Get Moving

Regular physical activity is essential for overall health. Incorporate exercises you enjoy, whether it's jogging, yoga, dancing, or swimming. Exercise helps to stimulate digestion, promote detoxification through sweating, and boost your mood.

Embarking on a 21-day cleanse program can be a transformative experience for your health and well-being. By resetting your health and cleansing your body, you can experience increased energy levels, improved digestion, enhanced mental clarity, and even weight loss. Follow the simple steps outlined in this program and remember to consult with a healthcare professional before starting any new dietary regimen.



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NEW YORK TIMES BEST-SELLING AUTHOR OF DR. COLBERT'S KETO ZONE DIET, THE SEVEN PILLARS OF HEALTH, AND DR. COLBERT'S "I CAN DO THIS" DIET

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In Dr. Colbert's Fasting Zone, the New York Times best-selling author who

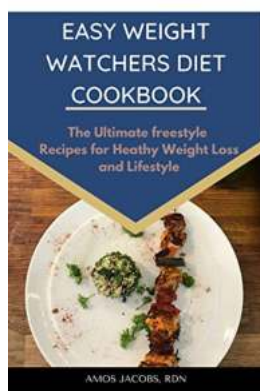
brought you Dr. Colbert's Keto Zone Diet and Dr. Colbert's Hormone Health Zone provides a twenty-one-day complete meal plan plus bonus seven-day juice fast for cleansing the body of harmful toxins. Dr. Colbert explains the benefits of longer fasts as well as providing you with the latest research on the power of regular, intermittent fasting to reset your body and promote health and longevity.

Designed to restore you to a healthy body and rejuvenate your spiritual life, this book is a timeless faith and health resource for use in every season. Fasting is more than a dietary choice. It's a spiritual tool. Learn the latest recommendations on how to heal some of the plaguing illnesses many of us suffer from, such as type 2 diabetes, coronary disease, benign tumors, Crohn's disease, ulcerative colitis, autoimmune diseases, allergies and asthma, psoriasis and eczema, hypertension, and many more.

After reading this book, you will know both what to eat and how to safely fast in order to cleanse your body and regain or maintain your health.

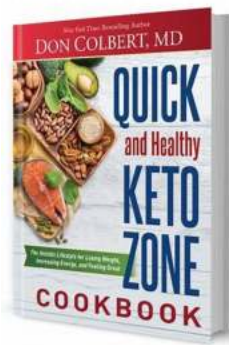
Also Available in Spanish: Other Books by Don Colbert, MD: Dr. Colbert's Hormone Health Zone (2019) Dr. Colbert's Guide to Vitamins and Supplements

Reversing Inflammation (2015)



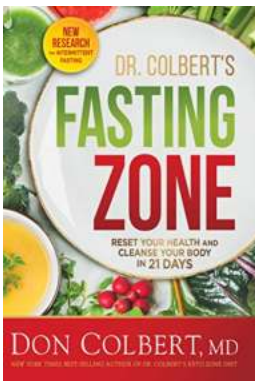
Discover the Easy Weight Watchers Diet Cookbook: Tasty Recipes for Effortless Weight Loss

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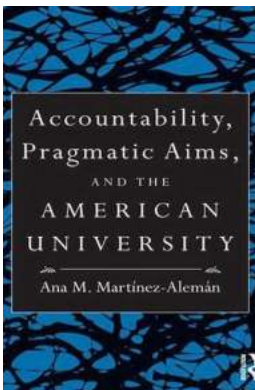
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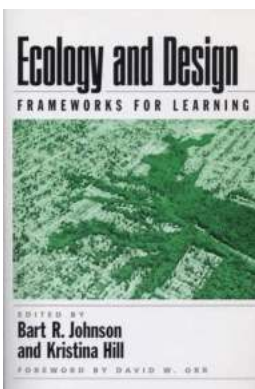
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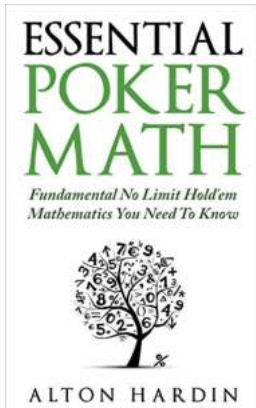
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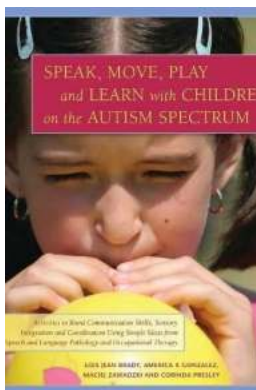
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