

## 21 DAYS DETOX%0A

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### [Dr. Leaf 21 Day Brain Detox Program](#)

The Program. The 21 Day Brain Detox Plan is an online daily guide that takes only 7-10 minutes of your time each day. I will walk you through each of the 21 days, guiding you and coaching you to a toxic-free mind.

### [Home | The 21-Day Sugar Detox by Diane Sanfilippo](#)

The 21-Day Sugar Detox is a real food reset, to help you drop processed foods, reset your taste buds, enjoy the food you eat, and improve your health. It helps you break the chains of processed foods and added sugars so that you can get off the blood sugar roller coaster and say good-bye to that afternoon slump.

### [21-Day Detox Diet Plan | Livestrong.com](#)

A New York cardiologist, Dr. Alejandro Junger, developed a 21-day detox diet program titled The Clean Diet. His plan calls for a liquid meal for breakfast, a solid meal for lunch and a liquid meal for dinner, aiming to remove toxins, restore what is lacking in the body and rejuvenate your life from the inside out.

### [21 Day Fix Eating Plan Explained | Days To Fitness](#)

21 Day Fix Eating Plan By Sarah August 18, 2015 230

Comments One of the things I like most about the 21 Day Fix program is that it is not only a workout plan but also combines a genius nutrition plan too.

### [The 21-Day Sugar Detox by Diane Sanfilippo](#)

The 21 Day Sugar Detox is a whole foods based program to help you bust sugar and carb cravings in three weeks - gluten, dairy, soy, and sugar-free.

### [21 Day Fix Fitness & Portion Control for Effective ...](#)

That's why I created 21 Day Fix. It's simple, fast, and will help you get results. All you have to do is follow my program, and you WILL lose weight. I promise or your money back. It's simple, fast, and will help you get results.

### [21-Day Detox Diet Plan: A Complete Guide to Cleanse Body](#)

The goal of this 21-day detox diet plan is to focus on balancing your body pH by eating raw veggies, fruits, whole foods, green juice, green salad, detox drinks, green smoothies, appetizers, and many more detox foods.