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The Clean in 14 Detox: The 2-Week Plan to Melt Fat, Kick Cravings, and Increase Your Natural Energy

Melissa Costello

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Tony Horton, the Old Spice Man, and hundreds of others lost weight, upped their game, and healed their bodies?undeniable proof that *Clean in 14* really works!

Millions of people are embracing cleansing because it rids the body of accumulated slow poisons that cause a sluggish metabolism, inflammatory and digestive issues, a host of chronic diseases, and unwanted weight gain. *Clean in 14* is a vegan, whole foods, and juice-based cleanse that not only flushes the body of toxins, but frees the mind of negative patterns, allowing the entire system to reset itself to a place of balance.

From leading successful group and private cleanses, Missy Costello pulls no punches: She explains that the key to kickstarting health is to eliminate the CRAP (Caffeine, Refined Sugars, Alcohol, Processed Food) and the SAP (Sabotaging Addictive Patterns). Costello encourages readers to make the commitment, teaches them how to prep their minds and kitchens for success, and shares practical tips to make it through the first three days without cravings or withdrawals. The best part of this cleanse is the ease of use and no feelings of deprivation. A wide variety of delicious unprocessed foods are allowed and there are no diet pills or chalky shakes. *Clean in 14* features a two-week mix and match meal plans and gorgeous color photographs of more than 75 irresistibly fresh and simple recipes, including baja-style fajitas, chopped salad with creamy pepita dressing, coconut yam soup, oven-baked sweet potato fries, and more.

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