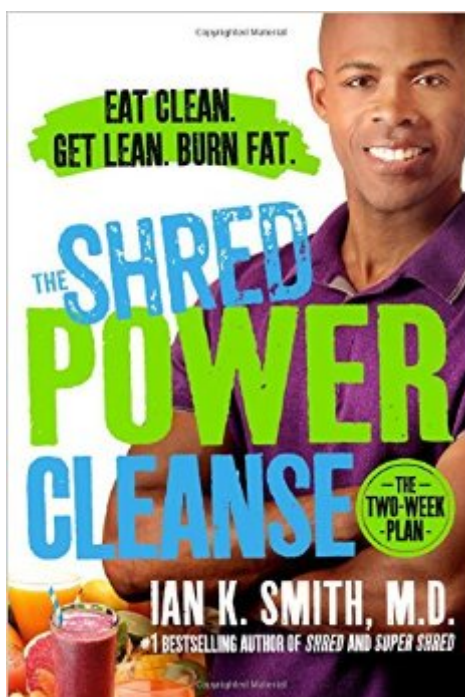


The book was found

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



## Synopsis

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 regimens 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.

## Book Information

Hardcover: 224 pages

Publisher: St. Martin's Press; 1 edition (December 29, 2015)

Language: English

ISBN-10: 1250061229

ISBN-13: 978-1250061225

Product Dimensions: 6.5 x 0.8 x 9.4 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars Â Â See all reviews Â (291 customer reviews)

Best Sellers Rank: #26,247 in Books (See Top 100 in Books) #67 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses #299 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss #504 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

I received a copy of this book as one of the audience members at the Rachael Ray show and had a chance to try the program before it was released on the 29th. This book came in handy cause I had a chance to try the program right after the Thanksgiving Holidays, and of course I ate more than I bargained for. I was bloated, feeling full and needed something to fix me quickly. BAM, tried the program and I loved it. Not only did it take away from the bloatiness but I had more energy, my skin cleared and I lost 13 pounds in 14 days. Now this is a miracle considering I have hypothyroidism ,

57 years old and menopausal. Everything you can dream of is working against my body, but with the power cleanse all odds were beaten. The signature drink the Purple Power Smoothie is amazingly good. I am not a fan of smoothies with kale in it, but this one truly made a fan out of me. This book is a must in every household for those times when you need a quick cleanse in a healthy way, need to restart your diet program and just need to do something different to break a plateau. Not only are there smoothies in the book, but there are options for healthy foods that you can eat. Another great feature about the program. You just can't loose (no pun intended, cause you do loose weight and inches) doing the Shred Power Cleanse program. I will be picking up two more copies of the book today at the local stores to give away so that someone's life can be transformed and changed like mines. Paying it forward this is what I do. Don't think twice about whether or not if you should get the book, buy the book, your body will thank you for it.

I pre-ordered The Shred Power Cleanse in July and actually received it a day early on 12/28. I was already a fan of Dr Ian Smith's previous Shred plans and was very much looking forward to this book. I am not disappointed! The book first explains detoxification and then what the Power Ingredients do for you (which I love). It's easy to see results on the scale, but this explains what this cleanse can do for your insides. The book then explains the Cleanse. Following that is the plan, day to day. It looks repetitive, but I personally like it spelled out. No guessing. In the back are 50 recipes for shakes and smoothies that include the Power Ingredients. There are a couple of items that may require a trip to the health food store, but the majority will be found in the fresh or frozen food section of your local grocery. Overall, this seems to be a very realistic, healthy, and balanced cleanse that focuses on re-setting your body with a nice side effect of weight loss. Obviously, I have not done the two weeks yet, but I have had awesome success rotating through Dr. Smith's other programs. I would recommend this and/or any of his plans to anyone who wants to lose weight the healthy way.

I did this cleanse over the summer and LOVED it! I had success with Dr. Ian's SHRED & Super SHRED so it was just natural that I would try this cleanse and I'm so glad that I did. I've maintained a size 10 for 2 1/2 years but wanted to do a good cleanse. In 2 weeks, I lost 8 lbs. and went from a size 10 to a size 8!! This book comes with lots of great bonuses too like an extra weekend cleanse, built in journal and lots of great original recipes!! I've done the weekend cleanse many times and it's my go to when I want to drop 4-5 lbs. quick. Don't worry about counting calories, Dr. Ian has done that already. He tells you exactly what to do and when. One of my favorite things about his

programs and this cleanse is that he breaks it down and makes it easy to do, easy to understand and easy to lose those unwanted lbs. I also LOVE the "SHRED thoughts" included at the beginning of each day. His philosophy of being optimistic and happy really carry over with the SHRED Power Cleanse and it truly transcends what's on the market today for a "healthy cleanse". He's also included the most current and up to date information on how the body detoxifies and breaks down the power ingredients that's included. You NEED this book. I like to share healthy things with friends and family and this will definitely be one of those. I have a copy already and another on the way! :)

This book is amazing!! I had the honour to to the trail for Shred Power Cleanse over the summer. I lost 7.5lbs . But not only loosing the pounds. My hair and skin looked better. I was waking up earlier and with more energy throughout the day. This book is a must have for anyone looking to jump start a healthier lifestyle. I am still doing the the Purple Detox Smoothie everyday, it is my new LOVE !!! Move over GREEN SMOOTHIE..... Another one of Dr Ian's books to add to my collection. Thanks YOU so much for your knowledge and teaching me a HEALTHY LIFESTYLE !!! HIGH 5 !!!

This is a terrific program I read the book from cover to cover. What is even better is that the author, Dr. Ian Smith, will help you PERSONALLY every step of the way! He makes his email available to answer questions -- who else does that? No One! Plus there are facebook pages where we can talk to other "Shredders" and get ideas, pointers, helpful answers. The Shred Cleanse is the best way to start the New Year!

[Download to continue reading...](#)

The Shred Power Cleanse: Eat Clean. Get Lean. Burn Fat. Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Flat Belly Tea Cleanse: A Fast and Easy Approach on How to Lose Inches Off Your Waist, Boost Metabolism and Burn Excess Body Fat (7 day,tea cleanse,belly fat,diet,weight loss,lose,detox Book 1) Tea Cleanse: 7 Day Tea Cleanse Diet: How to Choose Your Detox Teas, Boost Your Metabolism, Lose 10 Pounds a Week and Flush Out Toxins (Tea Cleanse, Tea ... Tea Cleanse Diet, Weight Loss, Detox) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Intermittent Fasting: Everything You Need to Know About Intermittent Fasting For Beginner to Expert - Build Lean Muscle and Change Your Life (Lean Lifestyle, Lean Muscle, Lose Fat) Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises,

Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) If It Fits Your Macros: The Ultimate Guide to IIFYM Flexible Diet: Burn Fat, Gain Energy and Build Muscle, While Eating the Foods You Love (Eat Your Way Lean & Healthy) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) How to Burn Belly Fat: 37 Fitness Model Secrets to Burn Belly Fat ( Abs, Ab Workouts, Healthy Living Tips) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Running: Lose Weight, Burn Fat & Increase Metabolism: Weight Loss Motivation (Running, Walking, Burn Fat, Marathons, Marathon Training, Weight Loss Motivation) Tea Cleanse: 7 Day Tea Cleanse Diet Plan: How To Choose Your Detox Tea's, Shed Up To 10 Pounds a Week, Boost Your Metabolism and Improve Health (Tea Detox, ... Body Cleanse, Detox Tea, Flat Belly Tea) Liver Detox Cleanse :The Natural Liver Detox Cleanse, A Proven 7 Day Program to Cleanse your Liver, Lose Weight and Reclaim your Health. Fatty Liver : The Fatty Liver Cure, The Ultimate Principles To Reverse A Fatty Liver And Lose Weight NOW ! (Fatty Liver Cleanse,Liver Cleanse, Liver Detox,Cleanse Diet,liver cleansing diet) Drop 14 Pounds in 3 Weeks (2nd Edition): Lose Weight, Feel Great, and Live Healthy: Effective Tips to Burn Fat, Get Stronger, and Boost Energy (Live Lean, Live Healthy, Live Happy) The Power Of Intermittent Fasting: Discover Effortless Abs Diet giving you greater Mental toughness,quick Fat Loss and no Cardio, enabling Lean Muscle-Building!: Abs workout for lean belly included! Summary Of Eat Fat, Get Thin: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health by Mark Hyman M.D. The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series) Intermittent Fasting: The Beginners Guide to The Intermittent Fasting DietÂ© with over 350+ Approved Recipes for Rapid Weight Loss & Lean Muscle Gain (Accelerated Fat Burn Through Fasting)

[Dmca](#)