



Paleo Cleanse: 30 Days of Ancestral Eating to Detox, Drop Pounds, Supercharge Your Health and Transition into a Primal Lifestyle

Camilla Carboni, Melissa Van Dover

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TRANSFORMS THE PROVEN APPROACH OF THE MEGA-POPULAR PALEO DIET INTO A HARDCORE, MONTH-LONG DETOX

Transform your body and improve your health with this hard-core cleanse based on the caveman diet. Follow the 30-day plan to rid your body of toxins without feeling deprived as you:

- Lose Weight
- Increase Energy
- Boost Mental Clarity
- Improve Digestion
- Reduce Inflammation

Packed with more than 100 delicious and easy recipes using whole, satisfying ingredients like meats, eggs and fresh vegetables, the *Paleo Cleanse* has everything you need to reap the benefits of the Paleo Diet in the fastest, most effective way.

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