



# The 3-Day Cleanse: Your BluePrint for Fresh Juice, Real Food, and a Total Body Reset

*Zoe Sakoutis, Erica Huss*

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'The 3-Day Cleanse' is an at-home juice cleansing program for everyone. Cleansing allows the digestive system to rid itself of the toxins everyone accumulates from unhealthy eating or from the environment. It is a customized program based on your own personal health and lifestyle.

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