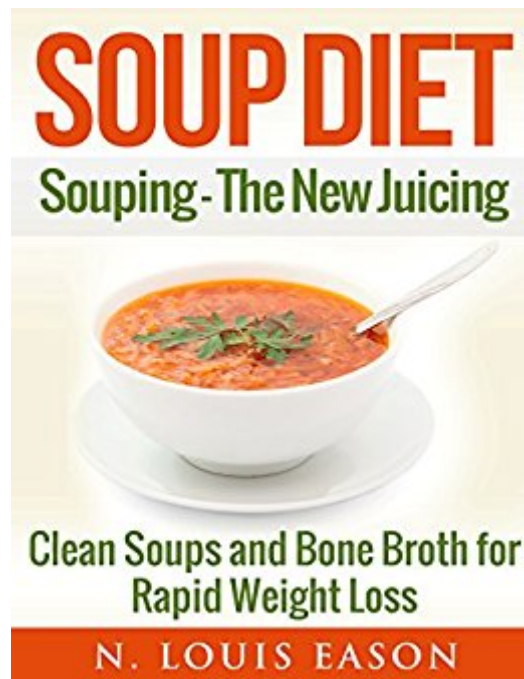


The book was found

Soup Diet: Souping: The New Juicing - Clean Soups And Bone Broth For Rapid Weight Loss (Soup Cleanse Cookbook, Clean Soups, Bone Broth, Bone Broth Cookbook, Soup Recipes Book 1)



Learn the simple and effective way to lose weight and detox the body! The Soup Diet is on the cutting edge of a new detox movement that is taking the fitness industry by storm. Many fitness and nutritional experts are calling "Souping" the new Juicing. Souping is a much more effective detox method than juicing, and The Soup Diet explains exactly why! The Soup Diet is not just another one of those "fad diet" books that promise you can lose 30 pounds in 2 weeks. The soup cleanse is a proven method to lose weight at a healthy pace and keep all the weight off for good! In this book, you will learn: What souping is and why it is so effective at weight loss and detox Why souping works way better than juicing The lasting benefits of souping The benefits of vegetables and ingredients used in souping Over 10 BONUS delicious recipes to help you get going! And much, much, more.... GET YOUR COPY FOR ONLY 2.99! Regular Price is \$4.99 The Soup Diet makes weight loss easy and fun! The Soup Diet does not make you feel hungry all the time! ORDER YOUR \$2.99 COPY ON KINDLE FOR A LIMITED TIME! Offer expires: 2/30/2017 Don't have a Kindle? No problem!! Read on any electronic device including your tablet, computer, or smart phone! Finally lose that stubborn weight that you've been trying to get rid of! Stop waiting and go click the orange button at the top of the screen right now! Tags: Soup diet, souping, juicing, soup cleanse, soup, soup cleanse cookbook, soups, clean soups, bone broth, bone broth diet, bone broth recipes, bone broth cookbook, stew, stew diet, stew cookbook, souping, soup cleanse, weight loss, diet, lose weight, fitness, healthy, healthy living, low carb, detox, detoxification, immunity, homeopathic remedies, soup recipes, soup cookbook

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Customer Reviews

I liked how the introduction told readers what a soup diet is and how it is beneficial to the body. The author describes the difference between souping and juicing and it was really interesting as well as informative. I like how the author also lets the readers know about the lasting benefits of a soup diet. The author goes into the benefits of each ingredient that is usually in soups which I thought was very interesting as well. The recipes taste good and are also really easy and simple to make. I really liked this book and will continue to use it for the recipes.

This book is very health oriented which I love. The information provided in this book is highly valuable, primarily because it is written in a way everybody can understand. It talks about detoxing, boosting the immune system, and even goes into detail on the specific vegetables and in what ways they benefit us. I love the fact that we have entered a more health oriented era, because this way I can get more access to books like this and also learn as much as possible on how to live healthy. I can't wait to read more books from N. Louis Eason.

Going into a diet is not always easy, especially since you have to remove a lot of delicious foods from your list and ends up with a list of bitter and bland foods. However, this book opens me to a new version of diet that I can actually enjoy. Souping is a new word for me, and I really enjoy reading about it. I never knew that souping can be the best alternative for people like me. People who do not want to eat pure vegetables or fruits alone. Soup diet helps you to enjoy eating healthy foods for weight loss without worrying about the nutrients we get from our food.

A short but informative read on souping. The author described the basic benefits of souping. Some delicious soup recipes blows my mind. I liked most the spicy green soup and Detox soup.

Recommended for soup lovers. Thanks to the author.

The Author introduces souping as an alternative form of detox and quickly moves on to distinguish it from juicing. Furthermore, the author does a great job highlighting the benefits of different vegetables and their individual benefits, which helps give you the knowledge on how to customize your meals. Finally, the book provides the reader with multiple recipes to try, and provides tips and advice on alternative ingredients. This book is an easy read yet very rich and informative. Great Souping book.

Securely packaged. Very pleased. Thank You!

I purchased this book for a Bone Broth recipe--(since it says that in the title). I read cover to cover, not a bone broth recipe in the entire book.

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