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The Seven-Day Total Cleanse: A Revolutionary New Juice Fast and Yoga Plan to Purify Your Body and Clarify your Mind | Mary Mcguire-Wien | ISBN: 9780071623742 | Kostenloser Versand für alle Bücher mit Versand und Verkauf durch Amazon. The Seven-Day Total Cleanse is a revolutionary seven-day juice fast that helps you shed weight and eliminate harmful toxins-all while restoring your emotional and spiritual wellness. Author Mary McGuire-Wien has guided thousands of clients through this unique program, which uses nutrient-rich juices, meditations, yoga, and self-care activities to cleanse the body, renew energy levels, and refresh the mind and soul. The Seven-Day Total Cleanse has 15 ratings and 5 reviews. Tracy said: While I think the author has a nice idea (juices per color of chakra, working on is... Lesen Sie „The Seven-Day Total Cleanse: A Revolutionary New Juice Fast and Yoga Plan to Purify Your Body and Clarify the Mind“ von Mary McGuire-Wien mit Rakuten Kobo. A Cleanse for Both Body and Soul Gain clarity of purpose and peace of mind while losing weight and detoxifying your body...