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The Aussie Body Diet

By Saimaa Miller

Watkins Media. Paperback. Book Condition: new. BRAND NEW, The Aussie Body Diet, Saimaa Miller, Australians are famous for their sun kissed, athletic physiques, and now Saimaa Miller, one of Australia's most respected health coaches, has written a guide to getting that same naturally healthy body this side of the equator. Aussie Body Diet you'll discover the seven secrets to optimum health, learn which type of detoxer you are, and be able to devise the programme that's right for you, with tips for good health from Saimaa's celebrity clients to encourage you. All accompanied by recipes so delicious, you'll hardly believe you're on a detox. In just fourteen days you'll detox your system, and be left refreshed, rejuvenated and ready to take on the world. With mouthwatering food you can serve to friends and family, tips on going out to eat and suggestions for simple changes you can make to get enough sunshine, exercise and relaxation, this isn't just another quick-fix diet book - it's the first step to a whole new way of life.



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