



Urban Remedy: The Four-Day Home Cleanse Retreat

Neka Pasquale

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This comprehensive handbook offers a complete whole-food cleansing plan along with guidelines for how to prepare for, enjoy, and come back from your cleanse. With a holistic mind-and-body approach, this program will help you break out of bad habits, reset routines and intentions, and improve your overall health and wellbeing.

Includes information on:

The benefits of cleansing

What to expect from your Urban Remedy cleanse retreat

Complete equipment and shopping lists for planning your days

Step-by-step instructions for each day of the cleanse

A section on treating ailments through food based on ancient healing principles

More than 75 mostly raw and vegan recipes for living well every day



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