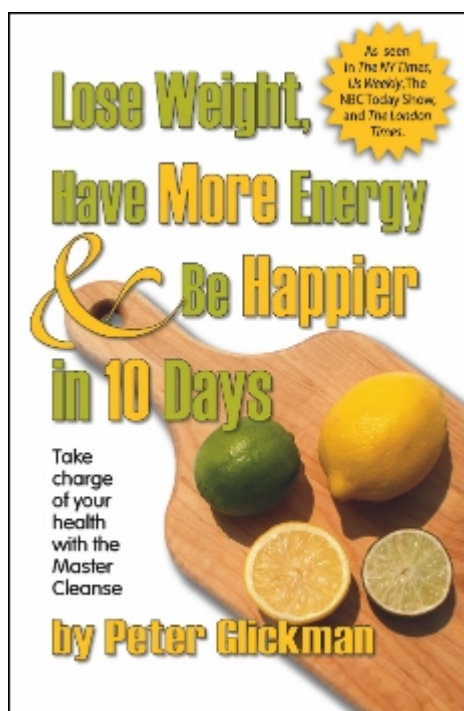


Lose Weight, Have More Energy & Be Happier in 10 Days



- Tells how to do the Master Cleanse, which days are the worst, what to expect and answers the 70 most frequently asked questions.
- Contains information on detox symptoms and what to do about them that is not found in the original Master Cleanser book.
- Written based on the experiences and questions of 110 people as they did the Master Cleanse in January 2004.
- In the last year, the book has gotten publicity in The NY Times, NY Daily News, London Times, Us Weekly, & NBC Today Show.
- Website and Internet

Title	Lose Weight, Have More Energy & Be Happier in 10 Days
Subtitle	Take charge of your health with the Master Cleanse
Edition	2nd
Author	<u>Peter Glickman</u> of Clearwater, FL
Author Bio	Peter Glickman had been a chiropractic clinic director, chelation clinic director, and alternative health writer before doing & coaching 1000+ others on the Master Cleanse. He runs the largest Master Cleanse Internet bulletin board (www.therawfoodsite.com/forum) and has been in The NY Times, The London Times, NY Daily News, Us Weekly, Geraldo's web blog, and on the NBC Today Show.
ISBN	978-0-9755722-2-1 0-9755722-2-9
Category	HEALTH & FITNESS : Healing
Publication	March 6, 2005
Pages	160
Size	5.50 x 8.50 in.
Price	\$16.95
Binding	Paperback
Publisher	<u>Peter Glickman, Inc.</u>
Website	<u>www.therawfoodsite.com</u>
Vendors	<u>Amazon.com</u> <u>BN.com</u> <u>Borders.com</u> <u>Powells.com</u>

This is the first book written exclusively about the Master Cleanse (also called the Lemonade Diet) since it was developed and published by Stanley Burroughs in 1976. Made even more popular by Robin Quivers, Howard Stern's producer, and Beyonce, to lose weight for her role in the movie Dreamgirls, 100,000+ people do this cleanse each year to detoxify, lose weight, have more energy and feel happier. Requiring no special shakes or pills, the ingredients can be found in nearly any health food store.

bulletin board promotion reach more than 1.8 million different people each year.

- The marketing budget for this book is \$1,000 to \$1,500 per month and the author is available for some book signings.

The book, currently in the second edition, includes 70 most frequently asked questions, personal experiences and testimonials of the more than 100 people who did the Master Cleanse in January 2004.

Mentioned in the NY Times, London Times, NY Daily News, Us Weekly, Geraldo's web blog and on NBC's Today Show, both first and second editions have consistently been on Amazon's Alternative Medicine bestseller list.

This is the only book about the Master Cleanse that discusses detox symptoms and what to do about them and tells what to expect while on the cleanse.