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Viva La Cleanse: How I Got Healthy, Lost Weight, And Found My Beauty



Synopsis

For the first half of her life, La Belle was an obese, depressed, sad woman with acne on her face. She was unhappily married and her sexual expression was stifled by the shame and shadow of sexual trauma experienced in childhood. In 2000, she was diagnosed with a terminal disease and instead of seeing it as a death sentence, she saw it as an opportunity for transformation. She healed herself naturally by following a strict protocol of intermittent fasting, a high carb raw vegan diet and spiritual healing. She lost over 50 lbs and was photographed as a wellness model. Today, La Belle is a unique coach helping men and women to become Alpha Lovers and Alpha Leaders. Among her private clients are Hollywood celebrities, wives of billionaires, as well as CEOs of Fortune 500 companies. In her book, La Belle Intelligence, the Health and Beauty Guru, is sharing her signature program 'VIVA LA CLEANSE. Health & Beauty Detox.'

Book Information

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Customer Reviews

Fascinating read. In spite of a busy day ahead of me, I found myself half way through it before my wife reminded me I had a full "to do" list. This book is jam packed with excellent information that is presented in a very well written, entertaining way. Well worth your time.

I just love Evita's story of overcoming cancer! She makes eating healthy sexy! I find this book to be an easy, yet informative read. Highly recommend to anyone wanting to drastically change their health and outward appearance for the better.

This amazing woman really put her life back together in a way anyone else can if they follow her brilliantly simple plan. Her before and after story is totally inspirational!

Evita is one of a kind and she has put all of her life experience and her quest towards a healthy lifestyle that will reflect from the inside out in this book!! I would highly recommend to read it ! :)

Amazing book!!! love it!! recommend it to everyone with any kind of health issues. This book have helped me change eating style I feel so good as I never did before .

Love this book, the writing style is very engaging as the author is sharing her personal journey and the information in this book is life changing!

This book will jump start your effort to a new life. Body ,mind, spirit . This is a courageous and inspiring read . Uncomplicated and inspirational!

Amazing book!!! Absolutely love it!! recommend it to everyone with any kind of health issues.

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Help You Lose Weight Without Dieting: Healthy Cooking for Weight Loss (Cleanse and Detox Book 1) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Married to Bhutan: How One Woman Got Lost, Said "I Do," and Found Bliss Detox Cleanse & Juice Cleanse Recipes Made Easy: Smoothies and Juicing Recipes Nutribullet Recipe Book: Delicious and Healthy Smoothies, Designed To Promote Weight Loss, Suppress Hunger, Boost Energy, Anti-Age, Detox and Cleanse and Much More! (Diet, Nutritious, Natural, Easy) South Beach Diet Smoothie Cleanse: Weight-Loss, Detox, Anti-Aging , Quick and Delicious South Beach Diet Smoothie Recipes to Lose Weight, Boost Brain Power and Increase Energy Fruit Infused Water: Top Quick, Easy, Refreshing and Tasty Fruit Infused Water Recipes To Aid Weight loss and Maximum Health (weight loss, living ice, detox, beginners, vitamin cleanse, juicing) Souping For Weight Loss: Detox, Cleanse and Lose Weight with Delicious, Plant-Powered Soup Recipes

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