



# **The Shred Power Cleanse: Eat Clean. Get Lean. Burn Fat.**

*Ian K. Smith M.D.*

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# The Shred Power Cleanse: Eat Clean. Get Lean. Burn Fat.

*Ian K. Smith M.D.*

**The Shred Power Cleanse: Eat Clean. Get Lean. Burn Fat.** Ian K. Smith M.D.

Dr. Ian is answering Shredder Nation's call for a short-term, fast-acting cleanse that will help you reset and power through to your new weight loss goal!

*The SHRED Power Cleanse* takes the classic detox plan to a new level. You won't find any fiberless, anemic juices on this regimen! Dr. Ian lays out each day of the two-week program, giving you everything you need to jump-start BIG change:

- More than 50 smoothie recipes built to boost your immunity and maintain your protein and fiber intake, including Dr. Ian's signature Purple Power Cleanse smoothie
- Fresh salads and other clean foods to fill you up and keep your energy level high
- Detoxifying exercise regimens for beginner, intermediate, and advanced levels
- A Weekend Power Tune-up bonus, designed to keep you on track long after the two weeks of the cleanse are up and all some Shred Cleansers will need.

*The SHRED Power Cleanse* will keep you satisfied, clear your mind, and leave you several pounds lighter.

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#### **Clifford Walsh:**

Playing with family in the park, coming to see the marine world or hanging out with close friends is thing that usually you will have done when you have spare time, and then why you don't try thing that really opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love The Shred Power Cleanse: Eat Clean. Get Lean. Burn Fat., you can enjoy both. It is excellent combination right, you still would like to miss it? What kind of hang type is it? Oh come on its mind hangout guys. What? Still don't buy it, oh come on its named reading friends.

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