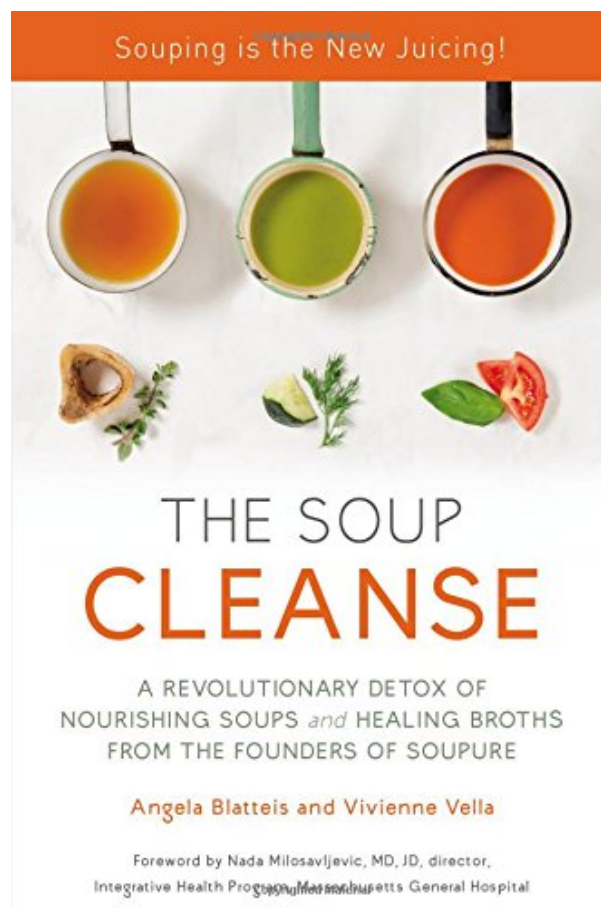


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Souping is the New Juicing!



THE SOUP CLEANSE

A REVOLUTIONARY DETOX OF
NOURISHING SOUPS *and* HEALING BROTHS
FROM THE FOUNDERS OF SOUPURE

Angela Blatteis and Vivienne Vella

Foreword by Nada Milosavljevic, MD, JD, director,
Integrative Health Program, Massachusetts General Hospital

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Review

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"I advise my patients to eat 'real' food that isn't over-processed, modified with a bunch of chemicals or packaged in a box. The beauty of soup made from whole fruits and vegetables is that it is the most easy-to-digest form of super foods that we can eat. The soup recipes in **THE SOUP CLEANSE** are simple, and a great way to give your body what it needs to function at its best."?Danica Thornberry, Licensed Acupuncturist and Founder, *Well Women Acupuncture & The Seed Fertility Program*

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Souping is the new juicing!

When Angela Blatteis and Vivienne Vella set out to create Soupure, the LA-based soup company at the forefront of the souping movement, they wanted to share the power of healing soups with the world. With a few simple, delicious recipes they've helped people lose weight, boost their energy, and feel better every day. Now with THE SOUP CLEANSE they are bringing their satisfying, 100 percent good-for-you, whole food-based soups straight into your kitchen.

With more than 50 delicious recipes and a flexible, easy-to-follow detox program, you'll learn how to nourish and purify your body while flooding it with essential nutrients. You will sip your way through high-fiber soups packed full of regenerative whole food ingredients. Unlike juicing and many other quick-fix diets, THE SOUP CLEANSE is built on simple, satisfying recipes that won't leave you feeling hungry or deprived, making it accessible and easy to stick to-even for those with the busiest lifestyles.

Get ready to rejuvenate, revitalize, and reclaim your health-one sip at a time!

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Most helpful customer reviews

4 of 4 people found the following review helpful.

Knowledgeable

By Bucwheat

Saw this in a book store, started going thru it. It's a very informative book. The recipes in there are easy to make. Has the breakdown (Definition) of food, ingredients, gmo's, etc..

0 of 0 people found the following review helpful.

I would so love to try all of these great cleansing and nourishing ...

By Princess yaya

I would so love to try all of these great cleansing and nourishing soup recipes but they require a lot of expensive ingredients and an in-depth process to make them. I have a feeling that if I were to follow this diet I would indeed be the healthiest person on the planet but my budget simply won't allow it right now. I'll probably start buying one ingredient at a time for at least one of the soups and maybe in a few months I'll have what I need. For now those healthy soups will have to wait until further notice. A great book for those of us who aren't on a tight budget.

1 of 1 people found the following review helpful.

few recipes

By Sonia G

I like this book but was hoping for more recipes - I saw tons of their soups on their cleanse site but alas, many are not featured in here. Most of the book talks about cleansing and health, rather than recipes.

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