

Yuri Elkaim's Total Wellness Cleanse Exposed in Review

HealthAvenger.com reveals their Total Wellness Cleanse which thoroughly examines Yuri Elkaim's diet cleanse.

HOUSTON, TX, USA, January 13, 2014 /EINPresswire.com/ -- [Total Wellness Cleanse](#) that claims there is definitely a different way to approach weight loss and achieve better health simultaneously, has caught the attention of HealthAvenger.com's Stan Stevenson, prompting an investigative review.



"Our [Total Wellness Cleanse](#) review shows that it is a dietary plan for getting rid of chemicals which build up in your body via food and environmental factors, and keeping them away," reports Stevenson. "Designed by a nutritionist and raw food expert, this product neither involves pills nor supplements. In order to get back to basics and kick start your system without all the accumulated garbage, you need to cleanse and detoxify in a carefully constructed, well formulated way."

Total Wellness Cleanse includes a detailed 14-day meal plan, 67 original cleansing recipes, Success and Inspiration journals, an easy to follow Quick Start Guide, and 13 mp3s. It is divided into two, 14-day phases, the cleansing phase and a maintenance phase. The cleansing phase of the program focuses on removing foods most closely associated with health issues, including animal products, nuts, white flour, sweet fruits (bananas, pineapple), alcohol, dairy, and sugar. It uses a combination of specific raw and cooked fresh vegetables and fruits to purge toxins and harmful chemicals from the body through a natural process. As the cleanse phase progresses, toxins are removed, sugar cravings subside, digestion is improved, the blood is purified, and the body becomes less acidic.

"Total Wellness Cleanse is the only cleansing product in the market today that is completely food based, which simply means that there are no additives, chemicals, diet pills and formulas, or other agents that aid in the cleansing process," says Stevenson. "It is about implementing a way of living that allows you to be healthy and keep the weight off. Total Wellness Cleanse will not only help you cleanse, but will also give you the chance to have more energy, boost your immune system, and improve your overall wellbeing."

"Within weeks of using Total Wellness Cleanse, you will see results. Those results are promised even if the individual has never benefited from detox earlier, or whose diet has been deplorable. You will lose fat that has built up over periods of time, and cleanse the body of toxins that have invaded the body over a course of years. Devised by holistic nutritionists Amy Coates and Yuri Elkaim, who is also renowned in the raw food diet and cleanse industry, Total Wellness Cleanse is not your average weight loss product, but a carefully constructed eating plan that will give you access to the best processes and health cleanse eating guidelines."

Those wishing to purchase Total Wellness Cleanse, or for more information, [click here:](http://healthavenger.com/go/TWC/)
<http://healthavenger.com/go/TWC/>

To access a comprehensive Total Wellness Cleanse review, visit <http://healthavenger.com/total-wellness-cleanse-review>

HealthAvenger.com was created to reveal the truth behind many of the health and fitness products and programs on the market today by providing reviews and helpful articles to thousands of readers a day.

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