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The Remedy: The Five-Week Power Plan to Detox Your System, Combat the Fat, and Rebuild Your Mind and Body

Supa Nova Slom

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In this two-part health guide, Supa Nova Slom shares his cleansing program that revitalizes as it cleanses and restores balance by flushing and feeding your body. The second half of the book focuses on The Five Week Power Plan that provides amazing energy and the pathway to real weight-loss through healthy living and a green diet. With tasty recipes and lifestyle secrets from stars such as Erykah Badu, Chuck D, Hype Williams, Melyssa Ford, Tyson Beckford, and Dr. Benjamin Chavis, *The Remedy* will change your body and your life.

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