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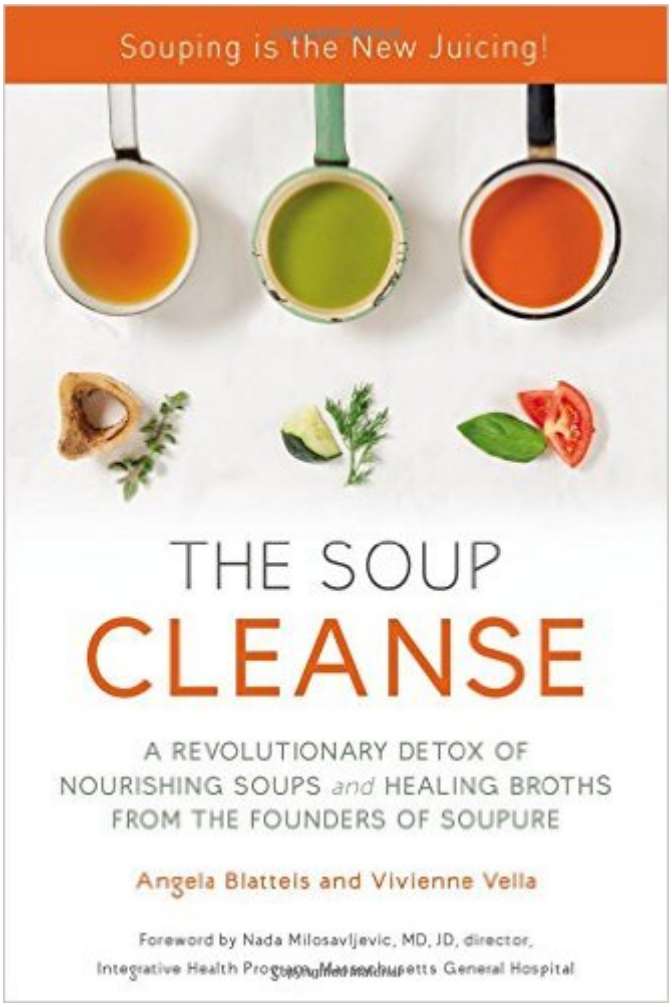
THE SOUP CLEANSE: A Revolutionary Detox Of Nourishing Soups And Healing Broths From The Founders Of Soupure



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Synopsis

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!

Book Information

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Customer Reviews

After seeing the authors on a morning news show promoting their soups in the book I decided to get it. Recipes look good but basically are the soups I already eat. I was disappointed there were so few soup recipes. Almost 100 pages are on nutrition which for a layman would be good but I have been a nurse for 20 years and knew most of what they included. It did have drink and sandwich recipes that I will also use but in all honesty if I had known. I rarely leave negative reviews but more info needed to be posted about this book in the description. Perhaps the info box should be updated

with the additional info of nutrition and recipes other than soup are in the book.

The Soup Cleanse is a book that makes a great deal of sense. Soups are a traditional, healing food. Every culture has recipes they regularly use that make use of a wide variety of vegetables , lean proteins, and whole grains. Cooking a soup slowly allows nutrients to be easily digested, without losing the valuable fiber. The fiber provides natural bulk vital for cleansing toxins from the colon. Unlike juices, soups do not produce a rapid leap in blood sugar. Soups also do not require special equipment.One aspect of the book that is nice is that it offers a variety of options depending upon how involved you want to get. This is not a one size fits all regimen. Whether you want to go for a full cleanse or merely want to incorporate a few extra healthy meals a week, there are suggestions available.The recipes look good. There is variety and plenty of use of seasonal produce. There are options for both vegetarians and meat eaters. Readers will also find the recipe for fruit and vegetable wash extremely helpful. Admittedly I found myself more drawn to buying already made soup, but I liked the ideas and how they were presented in The Soup Cleanse. I also liked how the book successfully avoided sounding like a sales spiel.Even if you don't buy into everything presented, it makes a lot of sense to incorporate more soups into your diet. The key is to be aware of the ingredients and their quality, and the nutritional values. Soups are a great way to convince vegetable haters to try new vegetables and to get people to drink more fluids. They are also generally lower in calories and fat than other meal options of a similar serving size.Blatteis and Vella have a winner in The Soup Cleanse. The book is informative and persuasive without bullying the reader into buying in lock, stock, and barrel. Hopefully there will be a companion cookbook, because I think more recipes would be helpful.4/5The Soup Cleanse is available for preorder and will be released December 29, 2015 - just in time for the new year.I received a copy of The Soup Cleanse from the publisher and netgalley.com in exchange for an honest review.--Crittermom

I'm always disappointed when I buy a cookbook and find there are no pictures and nothing about the recipes jump out at me. I regret this purchase. There are other books that are similar, but offer more.

I have tried a couple different soup cleansing books and this one tops them all. With this book I have actually enjoyed every soup that I have made and they taste very good. All of the other cleansing books I have had a hard time finding something that I liked from them. I would recommend this book to all my family and friends.

*There is an introduction to how the company Soupure began, and the thinking behind the soup cleanse.*The book includes beautiful photography, and I loved the colors that reminded me of cantaloupe and honeydew melon and lemons.*It offers up guidelines for several cleanse options, including one-day, three-day and five-day cleanses. You can make the cleanse as extreme or easy as you wish. Go totally raw with no dairy or meat, or do a modified cleanse.*It includes a list of ingredients that are great for detoxification, like almonds, flax, pineapple and turmeric.*It instructs how to choose and prepare for your cleanse.*It includes a detox journal and worksheet for you to log physical complaints before you start the cleanse, and how you feel after the cleanse has been completed.*It includes broths, cold soups, hot soups and even infused waters.*It also includes some other recipes for a less restrictive "mini-cleanse", like Grilled Lemon Chicken Salad with greens and cherry tomatoes, and even a dessert of Chocolate Soup with Sea Salt, Almonds and Whipped Coconut Milk.I definitely think if you enjoy soup, this is a great option that can even be included in your regular diet. And if you like to do the occasional cleanse, this is much more appetizing and satisfying than simply drinking juice, or honey and lemon water.

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..

I love Soupure so much, so I bought this book. I am gluten-free, sugar-free because I have been recovering from Lyme disease and am extra sensitive. I make two at a time, one bone broth and one veggie. Helpful to my recovery and feeling of well being.

I made two of the broths so far and they are delicious!!! I can't wait to make more I love their book it has such great information!!!! I feel really good making it and eating it!

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