



Souping: Lose Weight - Cleanse - Detoxify - Re-Energize; Over 80 Deliciously Healthy Recipes

By Alison Velázquez

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Souping is a new way to cleanse and detoxify the body. Compared to juicing and juice cleansing, which are both high in sugar and less satisfying than soup, souping combines the health benefits of whole foods and a wide array of soups (hot and cold) for a more satisfying and healthier way to cleanse and detoxify the body, lose weight, boost energy, and much more.

Souping is a new cookbook that is packed with over 100 delicious and incredibly healthy soup recipes that can be eaten on the go, along with unique cleansing programs for losing weight, detoxifying the body, improving hair and skin, boosting immunity, boosting energy, and improving overall health. You will learn to make satisfying soups that use whole ingredients, and to follow programs that range from one to seven days, while never offering the same menu twice. The recipes include hot and cold soups, as well as soups that are savory, sweet, filling, energizing, refreshing, and calming. Each recipe is simple to make and includes step-by-step instructions for making and storing each soup, the nutritional breakdown, and an explanation of the health benefits of the key ingredients of each soup. Cleansing plans include day-by-day menus using a breakfast, lunch, and dinner format.

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Editorial Review

Review

"A remarkable cookbook." — **Hello-happy.com**

About the Author

Alison Velázquez is a wellness professional and the owner of Soupology, a unique cleansing program focusing on healthy soups as its cornerstone. She specializes in wellness or spa cooking, which focuses on the use of seasonal ingredients to create light, innovative fare. She lives in Chicago, Illinois.

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