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A review of the Great American Detox Diet - an 8 week program to detox the body, created for Morgan Spurlock star of the McDonalds' expose - Supersize Me.

Alex jamieson (author of the great american detox

Alex Jamieson is the author of The Great American Detox Diet (3.62 avg rating, 206 ratings, 42 reviews, published 2005) Alex Jamieson s Followers (2)

Great american detox diet - muscle works magazine

The Great American Detox Diet program is rated 4/5 heart attack scare and gained a sizable amount of weight. His fiance, Alex Jamieson, feel better, and have

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Alex Jamieson, author of The Great American Detox Diet, was Morgan Spurlock s girlfriend at the time he filmed Super Size Me (now his wife). She allowed him to eat

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Editor's note: The recipe and introductory text below are from Alex Jamieson's book, The Great American Detox Diet. These keep well when individually wrapped and frozen.

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Great american detox diet: 8 weeks to weight loss

The Great American Detox Diet: Feel Better, Look Better, and Lose Weight by Cleaning Up Your Diet Great American Detox Diet is the process that Alex Jamieson