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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.

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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.

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### **The Soup Cleanse: A Revolutionary Detox of Nourishing ...**

"THE SOUP CLEANSE brings to the public this brilliant idea of using organic soups that are nutrient rich, yeast and gluten free with a variety of colors and tastes for our patients with digestive compromise or weight loss needs." — Farshid Sam Rahbar, MD, ABIHM, Holistic and Integrative Gastroenterologist

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