

BLISS Cleanse

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FACT SHEET

Bliss Cleanse: Your Two-Week Mind, Body, Spirit Guide to Greater Health and Happiness

By: Lorraine Miller and Lindsey Smith

Cost: \$19.95

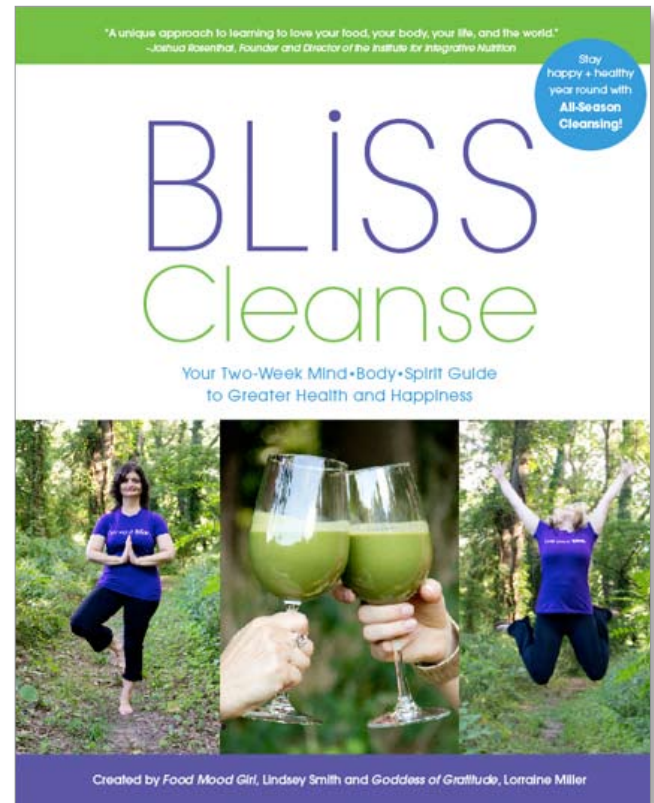
ISBN: 978-0-9889266-0-8

The *Bliss Cleanse* is unlike any other cleanse you have ever experienced before. It's no wonder health coaches, nutrition gurus, and physicians are not only recommending the cleanse to their clients, but they are also doing the cleanse themselves.

While most other cleanse programs focus on the releasing of toxins physically through nutrition, our Bliss Cleanse is a holistic approach that allows you to cleanse body, mind, and spirit. The cleanse includes daily inspirational tips that help you uncover fears and deep emotional issues that may be holding you back from living your best life and having your best health.

This two-week self-guided program is the perfect way to begin your journey to healthier living.

Our easy and gentle approach allows you to start wherever you are and make small, yet lasting changes, that will help you look and feel your best in the weeks and months to come.



*Available on Amazon.com, BarnesandNoble.com,
and other major outlets in March, 2013!*

Some features include:

- 101 Seasonal Recipes
- 14 Daily Inspirations
- 4 Weekly Meal Guides
- 39 Mind-Body-Spirit Guidelines for happy, healthy living
- Body Bliss recipes to look and feel your best
- ...and so much more!



RAVE REVIEWS FOR *BLISS CLEANSE*

"Lindsey Smith and Lorraine Miller are two health coaches on a mission to take cleansing to the next level by bringing awareness to how thoughts affect how we eat and how we live. The *Bliss Cleanse: Your Mind-Body-Spirit Guide to Greater Health and Happiness* is a unique approach to learning to love your food, your body, your life and the world. It's easy to follow, and inspires readers to make small changes that add up to a lifetime of happiness."

Joshua Rosenthal, Founder and Director of the Institute for Integrative Nutrition

"We all need life coaches, and Lindsey's and Lorraine's book can be that for you by showing you how to love your life and body. With the self-love you will find inspiration, and with it, the desire to care for and love yourself through your behavior and decisions related to your seeking, creating, and consuming healthy spiritual, emotional, and physical nourishment."

Bernie Siegel, MD and author of A Book of Miracles and 365 Prescriptions For The Soul

"In this day and age of toxic diet, lifestyle and environment, everyone could use a good cleanse! Let these two ladies guide you toward recovering your health, happiness and bliss, easily and deliciously."

Andrea Beaman, Speaker, HHC, Chef, www.andreabeaman.com

The *Bliss Cleanse: Your Mind-Body-Spirit Guide to Greater Health and Happiness* inspires you before you read a single word. This book is not only beautiful but it's powerful, clean design leads you on a journey to success. Lorraine Miller and Lindsey Smith motivate us to believe we are capable of making changes that enable us to thrive. You feel supported and encouraged every step of the way to your very own Bliss.

MaryAnn Jones, Founder and Owner, Thrive Naturally, www.thrivenaturally.com

Bliss Cleanse is a wonderful opportunity to love your body, biochemically and emotionally, from the inside out. Clinically speaking, as you cool your liver through a cellular cleanse, you cool all emotions associated with the liver; anger, resentment, and emotional repression all give way to love, acceptance, and peaceful expression. As you expand this space of self-love, it will innately spread to the world around you.

Dr. Kathleen Hartford, CEO Health Pyramid Productions, Author, Lecturer and Licensed Integrated Wellness Practitioner, www.drkathleenhartford.com

"In this day and age where we are inundated with 'lose weight quick' schemes, Lindsey and Lorraine have created a down-to-earth, accessible, and straightforward guide to health that honors the interconnectedness of body, mind and spirit. The *Bliss Cleanse: Your Mind-Body-Spirit Guide to Greater Health and Happiness* is your road map for a year of optimal health, happiness and self-love. If you want to change your relationship with your body from the inside out, this is a must-have for your library."

Laurie Erdman, Inspirational Speaker, Coach, Writer and Founder of Chronic Wellness Coaching, www.chronicwellnesscoaching.com

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SAMPLE BLISS RECIPES

Bliss Green Smoothie

Ingredients:

- ½ cup of your choice chopped greens (spinach, kale, dandelion, or another favorite green)
- 1 banana
- ½ cup almond or rice milk

Blend ingredients and enjoy!



Spinach and Strawberry Salad

Salad Ingredients:

- 5 cups of fresh baby spinach
- 1 ½ cups of strawberries, sliced
- ½ cup of walnuts, crushed

Lemon Drop Dressing Ingredients:

- 3 tbsp. of fresh lemon juice
- ¼ cup olive oil
- 2 tsp. honey
- 1 bunch finely chopped fresh basil

Directions:

1. Combine salad ingredients in a large bowl.
2. Prepare salad dressing in a small bowl.
3. Pour dressing over salad and enjoy!

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ABOUT THE AUTHORS



Lorraine Miller

Holistic Lifestyle Coach, Author, and Inspirational Speaker

Lorraine Miller, HC, AADP is a Holistic Health and Lifestyle Coach and author of the award-winning journal, *From Gratitude to Bliss®: A Journey in Health and Happiness*. Having recognized the amazing transformational power a regular gratitude practice has had in her own life, Lorraine has made it her life's work to share what she calls, "The Gratitude Edge" – with the world.

From coaching clients and teaching workshops to creating inspirational tools and programs, Lorraine shares her inspiring message and provides listeners with a key ingredient to opening one's mind and heart to receiving all the good in the world. Learn more about Lorraine at www.NourishByNature.com!

Lindsey Smith

Author, Inspirational Speaker, and Lifestyle Coach

Lindsey Smith, known as the "food mood girl," works with people who have a habit of looking to food for all the wrong nutrients: comfort, reward, fun, and acceptance. Through speaking and coaching she motivates, equips, and inspires people to sort out their relationships with food so they can live a healthy, balanced life. Lindsey is also the author of *Junk Foods & Junk Moods: Stop Craving and Start Living!* For more information, visit www.FoodMoodGirl.com!

