



Gone in a Flash!: 10-day Detox to Tame Menopause, Slim Down, and Get Sexy!

Mari Carmen Pizarro

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Hot flashes. Weight gain. Mood changes. Insomnia. Sluggishness. Headaches. These are but a few of the symptoms we women feel during the “pause” in our lives as our bodies shift into maturity. But this transition need not be so painful, frustrating, and exhausting. There are simple, straightforward solutions to calming your womanly problems—and they’re right here in this book.

Gone in a Flash! is a must-read for perimenopausal and menopausal women who are ready to take charge of their health and reclaim control over their changing bodies. Written by a passionate health and nutrition coach who triumphed over her own symptoms, it provides an all-encompassing approach to health management that focuses on nourishing the body and soul through detoxification, healthy eating, and healthy habits. There’s no calorie counting, no adding up points, and no fake food or costly treatments—just whole foods, natural ingredients, delicious recipes, and simple lifestyle adjustments.

Once you start reading *Gone in a Flash!*, you’ll notice changes in your physical health, appearance, and attitude toward life in just a few weeks—and by the time you’re done with the book, you’ll have a better understanding of what it means to be sexy.

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