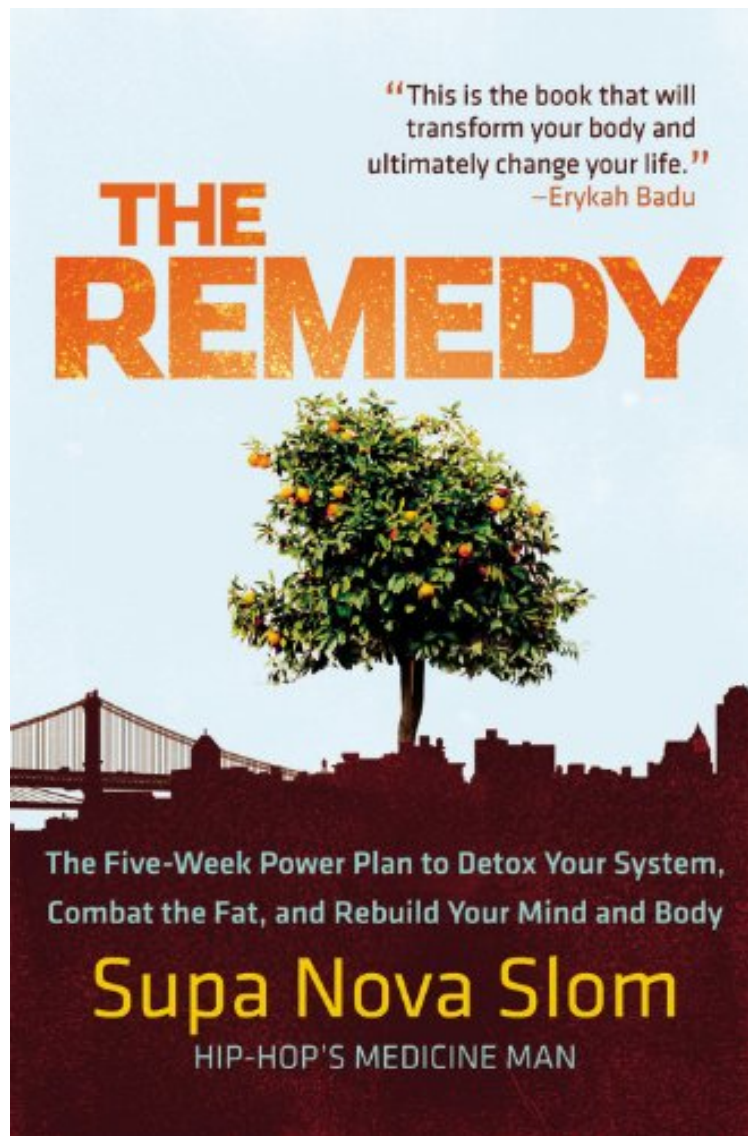


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## The Remedy: The Five-Week Power Plan to Detox Your System, Combat the Fat, and Rebuild Your Mind and Body

*Supa Nova Slom*

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**Supa Nova Slom : The Remedy: The Five-Week Power Plan to Detox Your System, Combat the Fat, and Rebuild Your Mind and Body** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Remedy: The Five-Week Power Plan to Detox Your System, Combat the Fat, and Rebuild Your Mind and Body:

5 of 5 people found the following review helpful. SugaMegaGreens Got Rid of MOLE!!By Mz.JayI was pleasantly surprised. I bought the book to help assist me in changing my lifestyle and eating habits. I did the 4 day fast and ordered the supamega greens as recommended in the book. Long sorry short, I lasted 3 days on the fast and shortly after that I noticed the mole I had on my head for over 5 years disappeared. It happened over a matter of 7 days, and the mole flattened and lightened and then disappeared. I am certain this cleanse did the job, and I do have another mole that didn't completely disappear but it's significantly smaller and lighter. I will definitely order the cleanse again and this book is an easy read and worth the challenge.0 of 0 people found the following review helpful. it was cool to do the cleanseBy MesKhenetI would have enjoyed a clearer layout of the book...it kinda reminds me of Mama Queen Afua's and Dr.Llaila Afrika where you have to keep going back and forth to different sections and kinda put it in order for your self to truly get clarity..However, it was cool to do the cleanse..You must start early enuff to get everything in for the day-or you'll end up with a half a gal green drink left when its time to do your last meal/juice for the eve.And its not cheap ingredients , so i wasn't willing to pour it out...so a couple x's we missed out on the evening juice... In the beginning the drink was like ugghh ( we purchased from Supa Nova website)..but before you know it, your body is like bring it on! Where it's at! We kept it cold and it was great for those hot dayz...didn't have many/enuff bowel movements though...We are plant based eaters for the past ten years, however, we have been reverting back to the left with too much processed junk food the past year +...I think the cleanse is good for beginners to get there feet wet..we personally need something more thorough...I still would recommend it.. Good to experience the combo of green food/herbs for the pallet and body. Peace and Vitality!2 of 2 people found the following review helpful. Informative and life changing.By DHWow!!! Absolutely terrific and insightful book. you can tell by the 3rd page that the author really does know what he is talking about. I will not be able to follow every instruction to the letter however I can institute the most important parts and advice into my life. I love the break down of whats good for you and whats bad for you and the reasons why. Thank you I can't wait for part two.

In this two-part health guide, Supa Nova Slom shares his cleansing program that revitalizes as it cleanses and restores balance by flushing and feeding your body. The second half of the book focuses on The Five Week Power Plan that provides amazing energy and the pathway to real weight-loss through healthy living and a green diet. With tasty recipes and lifestyle secrets from stars such as Erykah Badu, Chuck D, Hype Williams, Melyssa Ford, Tyson Beckford, and Dr. Benjamin Chavis, The Remedy will change your body and your life.

This is the book that will transform your body and ultimately change your life. --Erykah Badu, Grammy Award-winning singer and songwriterSupa Nova is truly one of the most powerful Brothers I have ever met. He is a living example of health consciousness, always teaching, always giving knowledge, a walking inspiration. The Remedy is the truth! --Sticman of Dead Prez and author of The Art of Emcee-ingThe Remedy is an important fundamental step in the path of wellness for our youth....I endorse it enthusiastically, with my professional imprimatur, and look forward to its implementation within my own practice in Brooklyn. --Dr. Bernadette L. SheridanAbout the AuthorSupa Nova Slom is a hip-hop performer and holistic practitioner who works with young people on health and empowerment issues through the Hip-Hop Meditation Cipher. He also created and produced the documentary film Holistic Wellness for the Hip-Hop Generation. Supa Nova Slom has recently partnered with Bill Cosby on his music CD and anti violence campaign. Below are links to sites that have posted information on the Cosby State of Emergency press release. <http://hiphopwired.com/12246/bill-cosby-to-drop-more-knowledge-with-new-cd-town-hall-meeting/>, <http://allhiphop.com/stories/news/archive/2009/10/12/21977129.aspx>, <http://www.brandnewz.com/?p=3241>, <http://www.worldwideconnected.com/>, <http://www.blurt-online.com/news/view/2888/>, <http://www.kickmag.net/?p=6634>Supa Nova lives in Brooklyn, New York.