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By Alex Jamieson PDF*

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Author: Jamieson, Alex.

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Submitted by: TRISHP1961 Introduction Taken from The Great American Detox Diet by Alex Jamieson
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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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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.

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

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