

Total Wellness Cleanse: Review Examining Yuri Elkaim's Natural Detox Strategies Released By DietsAndFitnessGuides.com

Summary: DietsAndFitnessGuides.com releases a review of Total Wellness Cleanse a detoxifying diet and coaching program from Yuri Elkaim that intends to help users improve their health, lose weight and gain energy by removing environmental toxins.

Yuri Elkaim's Total Wellness Cleanse has quickly become a best selling natural detoxification program, prompting a review by DietsAndFitnessGuides.com's Vince Delmonico.

"Total Wellness Cleanse is the first detox diet that we've reviewed on DietsAndFitnessGuides.com," reports Delmonico. "We get a lot of questions from our readers about whether these sorts of cleanse diets are really effective, and which one we recommend so we decided to investigate. We choose Elkaim's program based on his reputation as a thought leader in the raw food, and detox diet field. We recently reviewed his Eating For Energy course and wanted to dig deeper into his detoxification philosophy."

Total Wellness Cleanse is a multimedia training course designed to eliminate toxins, alkalize the body, stimulate natural weight loss, "fix" existing health problems, and increase energy. While skeptics may question how a 30-day cleanse could accomplish such lofty goals, many who have used the program report substantially results. (click here to read results reported with the Total Wellness Cleanse system.)

Delmonico explains the difference between Total Wellness Cleanse and other well known cleansing programs:

"I was always leery of cleanses that involve starvation or taking pills, suspicious herbal laxatives or special shakes," says Delmonico. "For instance, many people have heard about the cayenne and lemonade ten day cleanse, made popular by Beyonce, but the fact is that drinking nothing but glorified sugar-water for over a week is not only unhealthy, but it's incapable of producing lasting results. While cleanses like that will undoubtedly result in short term weight loss, the Total Wellness Cleanse was created to do a whole lot more. The idea is to reverse the damage that's been done to your body, and get long lasting results, while eating tasty, natural food."

The Total Wellness Cleanse is available as a fully digital program allowing customers instant access to all training materials. Those wishing to receive an actual physical training program are also given the option to have the physical product shipping to their home.

"The amount of information contained in this program could be a bit overwhelming at first," says Delmonico. "In all customers get ten weeks of meal plans and recipes, thirteen audio seminars on topics from colon health, to bone health, to sugar, raw and cooked food options, thirty days of email coaching, a quick start guide, journals, and more. Thankfully Elkaim organized the program well and included videos to help you get started devouring all this information. For somebody like me who really wants to get deep into understanding detoxification and natural health this course will give them a lot to chew on."

[Those wishing to purchase Total Wellness Cleanse, or for more information, click here.](#)

Vince Delmonico reviews diets, fitness guides and other self help programs on his website DietsAndFitnessGuides.com. Delmonico's Total Wellness Cleanse review is available at the following web address: <http://www.dietsandfitnessguides.com/yuri-elkaims-total-wellness-cleanse/>

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