



# **Soupelina's Soup Cleanse: Plant-Based Soups and Broths to Heal Your Body, Calm Your Mind, and Transform Your Life**

*Elina Fuhrman*

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Move over, juicing and bone broth! Soup cleanses are taking over the spotlight. Unlike sugary smoothies and juices, soups heal digestive issues and provide necessary fiber. Journalist Elina Fuhrman turned to plant-based soups while fighting an aggressive breast cancer, originating the first "soup cleanse." Now, she shares the recipes for soups that provide extra energy, and nutrients, as well as help you increase mental acuity and reduce inflammation. With customizable three-and five-day cleanses, a one-day reset, 60 mouth-watering recipes, ingredient lists, strategies, gorgeous photographs— and expert advice from health and wellness professionals— *Soupelina's Soup Cleanse* shares everything you need for a healthy, healing detox. Whether you're looking to reclaim your health, get leaner, or just enjoy some delicious nourishing meals, Elina's healing soups will forever change the way you think about food.

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