



The 21-Day SuperStar Cleanse: A Rejuvenating Lifestyle Program to Help You Feel Younger, Healthier, and Ready to Rock the World!

Rainbeau Mars

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Stop Counting Calories and Indulge Your Senses!

Now is the opportunity to rekindle the warm glow of radiant health and well-being...

A time of exciting change...

A time of deep rejuvenation...

A time for YOU.

Created by one of Hollywood's most sought after health, beauty and fitness advocates, *The 21-Day SuperStar Cleanse: A Rejuvenating Lifestyle Program to Help You Feel Younger, Healthier, and Ready to Rock the World!* is the ultimate blueprint for a lifetime of inner and outer radiance.

Rainbeau Mars' expert guidance and passionate inspiration, abundant energy and excellent health can become your baseline experience for a healthier new you. Sooner than you might imagine, you will tap into an inner reservoir of vitality for meeting each day with enthusiasm and aliveness.

What is the secret for turning a regimen of cleansing, detoxification, healthy eating, and yoga into an opportunity for red-hot transformation?

The answer is the 21-day journey that unfolds within the pages of Rainbeau's book *The 21-Day SuperStar Cleanse*. Day by day, week by week, Rainbeau will take you by the hand on an adventure of food, fun, inner reflection, and personal awakening. By adjusting the plan to suit your own needs and desires, you too can experience a total renewal of your physical well-being and a reconnection with your deepest sense of meaning and ultimate purpose.

As you gain an expansive new perspective on food including how to add more delicious, alkalizing living foods into each day prepare to feel supercharged each day and:

Enjoy a surplus of energy as you move through your day

Approach your work and other activities with mental clarity and focus

Access a state of calm awareness (even in moments of stress)

Look rested, clear, and luminous

Supplemented by a wealth of information on health and healing woven throughout each chapter, the heart of *The 21-Day SuperStar Cleanse* program includes the following:

A balanced menu of vegan, live food, and superfood recipes that energize, heal, and regenerate (choose from over 75 delectable recipes)

Shopping lists and menu and activity planners for ease and simplicity

A daily dose of yoga, including my signature ra yoKa fitness system

Practices for self-inquiry, self-care, and self-acceptance

Support for clarifying the intentions, goals, and commitments that will ensure your ultimate success.

So, no matter where your starting point is whether you're looking for an energy tune-up, a beauty boost, weight loss, or a total health reboot your 21-day journey can be a beautiful new beginning. It can be your fresh start.

Are you ready? It's time to get your GLOW on!

The new you is waiting. Put aside the foods that pollute, destroy and harm, and eat what the mother has provided us food that's healthy for your body and the planet. Rainbeau will show you how.

James Cameron, Academy Award Winning Director/Producer (Avatar, Titanic, Aliens)

To follow this star-lit path is to learn how to cook and eat deliciously; to flex your body-temple in breathtakingly loving ways; to cleanse the toxic and inhale the beautiful. Just think. In twenty-one days, after following this rainbow path, your inner and outer self will be aligned with the true self that you are. This isn't only a journey of a lifetime: it is the journey to life.

Cyndi Dale, author of *The Subtle Body: An Encyclopedia of Your Energetic Anatomy* and *The Intuition Guidebook*

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Kimberly Rubio:

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Kelly Livingston:

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Barbara Watson:

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