This Fall, Tom and I were AFRAID to do a detox program, assuming we'd be hungry, cranky, tired and totally unsatisfied with a month of deprivation. I'm Vegan, he's not...how was THIS gonna work?  
  
SURPRISE! We got SCHOOLED in HOW & WHY to eat clean. Thank you Chef Harvey!  
  
28 Days: GREAT food, MORE energy, BETTER sleep, and we dropped 3 sizes between us. Not just us though! Friends in the challenge lost up to 23lbs, felt good, and found it pretty easy to stick with! So yeah. We're back on it like white on rice.  
  
We don't eat white rice though.  
  
Who wants to kick off the January round with us?! Registration ends ( Dec 31st or your date) for ( January or your date ( Bootcamp which launches ( Jan 5th. .. or your date) all online so busy people can learn it. PM me or Tom for deets.