

Julie Daniluk, R.H.N.

# THE HOT DETOX PLAN



Cleanse Your Body and Heal Your Gut  
with Warming, Anti-inflammatory Foods

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## THE HOT DETOX PLAN

Cleanse Your Body and Heal Your Gut with  
Warming, Anti-inflammatory Foods

JULIE DANILUK, R.H.N.

**A deep cleansing programme that serves up a  
delicious, warming menu with anti-inflammatory  
remedies to spark healthy digestion.**

### DESCRIPTION

*The Hot Detox* is an incredible tool that has the potential to truly transform your life. Whether you have a skin disorder, allergies, belly bloating or irritable bowel syndrome, this tool works by taking stress off your digestive system until it is restored.

In the past, detoxification was traditionally done in the spring and fall when temperatures were moderate and fresh greens were plentiful. However, the popularity of New Year's resolutions in January pushes many people to want to cleanse in the heart of winter. But this goes against common sense. In the winter, we need to keep our fires burning to cope with a cooler climate.

*The Hot Detox* is a deep cleansing programme that serves up a delicious, warming menu with anti-inflammatory remedies that spark digestive vitality. It embraces the ancient wisdom of India and China, applying the time-tested intelligence of warming up the body's core. The Hot Detox Plan is a soul-satisfying, 5-step detox plan that uses metabolism-boosting spices and hearty recipes to reduce bloating, heal digestion and reset your vitality. You can have delicious healing food in a balanced approach over the course of 3, 10 or 21 days. Get ready to eat hot, comforting foods, feel a warm, happy glow, and look hotter than you have in years!

### SALES AND MARKETING

- The popularity of New Year's resolutions pushes many people to want to cleanse in winter, and *The Hot Detox* is timed perfectly to satisfy readers' cravings for warm, comforting meals.
- Julie's hot detox approach offers a unique and appealing alternative to 'cold' cleanses consisting of cold smoothies, juices and raw salads.
- Julie will do a six-part free cooking class and a 21-day Hot Detox online programme in line with the launch of the book.
- Julie has a platform of 21.5K on Facebook, 9K on Instagram and a mailing list of 28K.
- Julie has her own TV show *The Health Gourmet*, which is being shown in more than 72 countries worldwide.

### AUTHOR BIOG

**Julie Daniluk** is a nutritionist and hosts *The Healthy Gourmet*, a reality cooking show aired in 72 countries that highlights the ongoing battle between taste and nutrition. Her bestselling books, *Meals That Heal Inflammation* and *Slimming Meals That Heal*, advise on allergy-free foods that both taste great and assist the body in the healing process. [www.juliedaniluk.com](http://www.juliedaniluk.com)

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