



# The Great American Detox Diet: 8 Weeks to Weight Loss and Well-Being

*Alex Jamieson*

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Here, in response to all the requests, is the detox program that undid the damage Morgan Spurlock--director and star of Super Size Me--did to his body in a month of gorging on nothing but McDonald's

What would happen if you ate nothing but fast food for an entire month? That's what filmmaker Morgan Spurlock attempted to find out by making his scathing tongue-in-cheek documentary Super Size Me. A 33-year-old New Yorker in excellent health, he would eat nothing but McDonald's for 30 days, to gauge the effects on his body. The results were shocking: He gained almost 30 pounds, saw his cholesterol skyrocket, and developed chest pains and dangerously high blood pressure.

The Great American Detox is an everyman's version of Spurlock's detox diet. Designed by vegan chef and holistic nutritionist (and Spurlock's significant other) Alex Jamieson, it is the program that gave Spurlock his health back. While doctors feared the damage might be permanent, Jamieson knew otherwise. She regularly sees her detox diet help clients achieve radical improvements in their emotional, spiritual, and physical health. Now she has written it up for popular use. Filled with mouthwatering recipes, it is a flexible 8-week program for weight loss, increased energy, allergy elimination, and other long-term health benefits.

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