



The Remedy: The Five-Week Power Plan to Detox Your System, Combat the Fat, and Rebuild Your Mind and Body

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The Remedy: The Five-Week Power Plan to Detox Your System, Combat the Fat, and Rebuild Your Mind and Body From Grand Central Life & Style

(This audiobook CD comes with an additional bonus CD containing specific recipes and exercises.

Known as hip-hop's medicine man, Supa Nova Slom has helped the biggest names in hip-hop get healthy. In this two-part health guide, Supa Nova Slom shares his program for restoring health and balance to your body.

In the first half, he introduces his Chlorophyllian Cleanse, which revitalizes as it cleanses by flushing and feeding your body. The second half of the book focuses his Five Week Power Plan, which provides amazing energy and the pathway to real weight-loss through healthy living and a green diet.

With tasty recipes and lifestyle secrets from stars such as Erykah Badu, Chuck D, Hype Williams, Melyssa Ford, Tyson Beckford, and Dr. Benjamin Chavis, The Remedy will change your body and your life.

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The Remedy: The Five-Week Power Plan to Detox Your System, Combat the Fat, and Rebuild Your Mind and Body From Grand Central Life & Style Bibliography

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Editorial Review

Review

Supa Nova is truly one of the most powerful Brothers I have ever met. He is a living example of health consciousness, always teaching, always giving knowledge, a walking inspiration. The Remedy is the truth! -- Sticman of Dead Prez and author of The Art of Emcee-ing

The Remedy is an important fundamental step in the path of wellness for our youth. I endorse it enthusiastically, with my professional imprimatur, and look forward to its implementation within my own practice in Brooklyn. --Dr. Bernadette L. Sheridan

This is the book that will transform your body and ultimately change your life. --Erykah Badu, Grammy Award-winning singer and songwriter

About the Author

SUPA NOVA SLOM is a hip-hop performer and holistic practitioner who works with young people on health and empowerment issues through the Hip-Hop Meditation Cipher. He also created and produced the documentary film 'Holistic Wellness for the Hip-Hop Generation.'

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Mary Clark:

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