

Can One Drink Really Change the Course of Someone's Life?

In her latest book, *Sipping Skinny: Drink Away the Pounds* (June 5, 2018), Cherie Calbom, a leading authority on health and detoxification, shares her health journey and how a liquid diet turned her life around for the best.

Calbom describes when she developed chronic fatigue syndrome and fibromyalgia. Her body ached all over, and she was constantly feverish, with swollen glands and unending lethargy. When she began juicing, there wasn't an instant change, and the detox reactions were intense.

"I was obviously very toxic, and my body was cleansing away all that stuff that had made me sick. This caused the not-so-good days in the midst of the promising ones," Calbom recounts.

But one morning she woke up and felt as if she was in a new body. Juicing had renewed her energy and completely restored her health. With her juicer in tow, Calbom set out to spread the word about this metabolism-boosting, calorie-saving and blood-sugar-balancing diet.

Juicing and souping is not like other diet plans that keep weight off but never quite get to the root of weight gain. Calbom calls for readers to not just lose weight, but to also *gain health*. She shows how incorporating juices, soups, smoothies and other beverages can be the key to changing your internal landscape.

Sipping Skinny includes insight on her Watercress Soup Diet, which was featured on the cover of *Woman's World* magazine and has proven to enable weight loss, internal cleansing, healing and renewed energy. Calbom features watercress recipes so readers can experience this nutrient-rich meal for themselves.

"I try never to promote anything I haven't tried and don't believe in. That's why I know that the suggestions and lifestyle plans in *Sipping Skinny* work. They can help you find better health and fitness," Calbom says.