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The Taco Cleanse was created through many years of research by a group of dedicated Taco Scientists in Austin, Texas. Taking the seemingly simple and perfect concept of the Taco, this diet re-imagines it to fit every kind of lifestyle.

If you've ever read a diet book or cleanse book before, you will recognize all the tropes. In all seriousness, this book--more than anything else I've ever read--snapped me out of the diet mentality. Realizing how ridiculous all the cleanse and diet books really are was an a-ha moment for me.

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