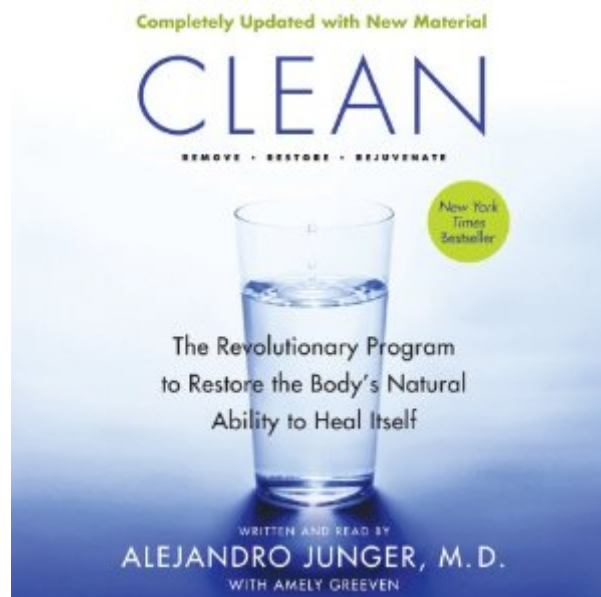


The book was found

Clean - Expanded Edition: The Revolutionary Program To Restore The Body's Natural Ability To Heal Itself



Synopsis

A life-changing medical breakthrough Clean is an M.D.'s program designed to be easily incorporated into our busy schedule while providing all the practical tools necessary to support and rejuvenate our bodies. The effect is transformative: nagging health problems will suddenly disappear, extra weight will drop away, and for the first time in our lives, we will experience what it truly means to feel healthy. Expanded edition includes: New Introduction New Recipes How to Become Clean for Life

Book Information

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Customer Reviews

I read a bunch of reviews before doing this diet but still had some doubts and questions. I got the book and followed it anyway, and based on my experience I think the following may be helpful to others: I was probably 30-35lbs. overweight. I really, really wanted to make a change, and I saw "Clean" as a nice, extreme kick-off to what I thought would be a long and difficult struggle back to both fitness and a permanent change. I followed the program for the most part for a month, and the results were good. It turned out NOT to be very extreme at all, which was great. My partner was willing to give it a try too, and it was fun to have someone to collaborate, commiserate, and joke about it with. Making the 1-month commitment made it easy to also commit to upping my activity levels (mostly biking: 2, then 3-4 times a week). I also checked some books out of the public library and read a lot of basic stuff about diet, exercise, and nutrition. And I saw the diet as an opportunity to learn to cook and appreciate new foods. Eventually, I started in on a long-standing goal of learning to cook Thai and Vietnamese food--both of which fall pretty much squarely on the side of

the diet's "allowed" foods. I think what I'm saying is, it helped to build a bunch of smaller goals and interests into this thing--though it would not have worked to try to set everything into motion from the beginning; things kind of evolved as the month carried forward. By the month's end I started feeling a LITTLE BIT more energetic from day to day, and a LOT better about my ability to take charge of this area of my life--so much so that I've started applying some of what I learned in that month to other areas. I broke some bad dietary habits, and I added a LOT of veggies to my diet.

I must say I am very happy and satisfied. I will summarize all my perceptions of the book and the cleanse:1. The book has a lot of repetitive content but also has good information about food/pollutant reactions in the body and body detox info which is worth reading. What I found a little disappointing is that the Dr. didn't add any references of medical studies of the statements he explained about so the book will have more credibility and medical support behind. For this fact I did not put 5 stars. But I want to say also that the book is very open and does not force you to do anything... the more you can, the better, if not then the little you are doing is already good.2. I am a regular sugar/wheat/dairy products consumer but I am also fit, healthy, do sports often and eat good foods as well. Me and my husband always wanted to do a detox diet but we were afraid of doing something dangerous. We felt this one "fit our bill" and tried to do it. Funny thing: from all the food to include in this cleanse program, I knew only 50% of them and I was afraid I couldn't find those I knew.3. I was surprised to find that in naturalist/health stores they sell most of the foods I didn't know existed/I could find. I found also natural protein powder, pure greens powder, organic coconut water/milk/oil, stevia, you name it.4. We live in Norway and I knew most of the vegetables and fruits I couldn't find them so easily organic, so I started with I had in hand. If I could find organic stuff great, if not, ... well, at least changing my old bad eating habits was a good step already!5.

This was recommended to me by a friend. Plenty of people try liquid diets that are supposed to clean out your system, but I never tried any because it seems like they always provide mixed results and they seem very difficult to keep up. First off, I've been a caffeine addict (via coffee) for five years. I've tried multiple times to quit, but never could. I had virtually ZERO energy without it and would get the withdraw headaches. So, the first way this book helped me is I FINALLY kicked my addiction (with no headaches)! The second improvement I saw was losing weight around my gut (which has always been the hardest area). I started losing the weight after the first week and I wasn't even exercising during that time. My family was inspired and followed the meal plan as well. My father (in his early 70s) lost 10lbs. after two weeks. The third way it helped is improving my taste

for vegetables. Before I had a select few I would enjoy, now I can eat all sorts and actually like the taste. There are a few downsides. For one, the way the book is written had me going back-and-forth a lot for the information I needed and it seemed like some pertinent info was just completely missing (Kindle issue?). 21 Days can be challenging when life 'gets in the way' but if you commit to it it's easily attainable. The other unfortunate thing is it can get expensive if you want to prepare a good variety of the recipes. What I had to end up doing is select my favorites and just rotate those. Lastly, the soup recipes were the only challenging meals to consume as far as taste and texture. Luckily, you can opt for juices instead. Breakfast was easy and lunch was amazing! People would see my meals for lunch and couldn't believe something so healthy looked that good.

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