



The Conscious Cleanse: Lose Weight, Heal Your Body, and Transform Your Life in 14 Days (Complete Idiot's Guides (Lifestyle Paperback))

Jo Schaalman, Julie Pelaez

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In 2003, co-author Jo Schaalman was a nationally ranked diver and a pre-med honors graduate ready to start a promising career as a doctor. But while leading a 3,000-mile bike tour of the U.S., she was hit by a truck. Her survival led to a long recovery accompanied by chronic, debilitating pain, weight gain, and depression that modern medicine could not relieve. Then came a breakthrough – the realization about the healing powers of food. With Julie Peláez as her mentor and friend, Jo learned to be conscious of her health and the food she put in her body at a deeper level than ever before. By listening to her body, practicing yoga, filtering out the mindless eating of empty calories and processed food, by being conscious of her real needs, it was possible to take control of her own well-being. Her new conscious lifestyle brought her healing and a sense of vibrancy beyond anything she'd known prior to her injury.

Together Jo and Julie have spent years researching, developing, and refining their Conscious Cleanse program to similarly dramatic results and success stories. Participants in the program have experienced results from weight loss to relief from anxiety, depression, ADD, high cholesterol, chronic pain, PMS, migraines, eczema, acne, insomnia, addictions, allergies, and even early-onset menopause and diabetes.

In this simple, 14-day program, readers get:

- A day-by-day plan for weening off harmful foods
- Easy weight loss without starvation
- Guidance on incorporating whole foods in an easy and simple way
- Shopping lists of readily-available whole foods for getting started
- Meal plans for each day of the cleanse and beyond
- Dozens of delicious whole-food recipes
- Techniques for continuing a sustainable conscious eating lifestyle long after the cleanse is completed
- Inspiration to live a conscious, vibrant life full of vitality, humor, forgiveness, and self-acceptance

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James Edwards:

Have you spare time for any day? What do you do when you have much more or little spare time? Yes, you can choose the suitable activity regarding spend your time. Any person spent their particular spare time to take a wander, shopping, or went to the actual Mall. How about open as well as read a book titled The Conscious Cleanse: Lose Weight, Heal Your Body, and Transform Your Life in 14 Days (Complete Idiot's Guides (Lifestyle Paperback))? Maybe it is being best activity for you. You already know beside you can spend your time with the favorite's book, you can better than before. Do you agree with it is opinion or you have different opinion?

Edward Thompson:

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Raymond Smith:

People live in this new moment of lifestyle always try to and must have the time or they will get wide range of stress from both lifestyle and work. So , when we ask do people have time, we will say absolutely of course. People is human not a robot. Then we inquire again, what kind of activity are you experiencing when the spare time coming to a person of course your answer may unlimited right. Then ever try this one, reading ebooks. It can be your alternative with spending your spare time, typically the book you have read is usually The Conscious Cleanse: Lose Weight, Heal Your Body, and Transform Your Life in 14 Days (Complete Idiot's Guides (Lifestyle Paperback)).

Williams Carter:

Within this era which is the greater individual or who has ability to do something more are more valuable than other. Do you want to become considered one of it? It is just simple solution to have that. What you

must do is just spending your time very little but quite enough to have a look at some books. One of several books in the top record in your reading list will be *The Conscious Cleanse: Lose Weight, Heal Your Body, and Transform Your Life in 14 Days (Complete Idiot's Guides (Lifestyle Paperback))*. This book that is certainly qualified as *The Hungry Mountains* can get you closer in getting precious person. By looking right up and review this guide you can get many advantages.

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