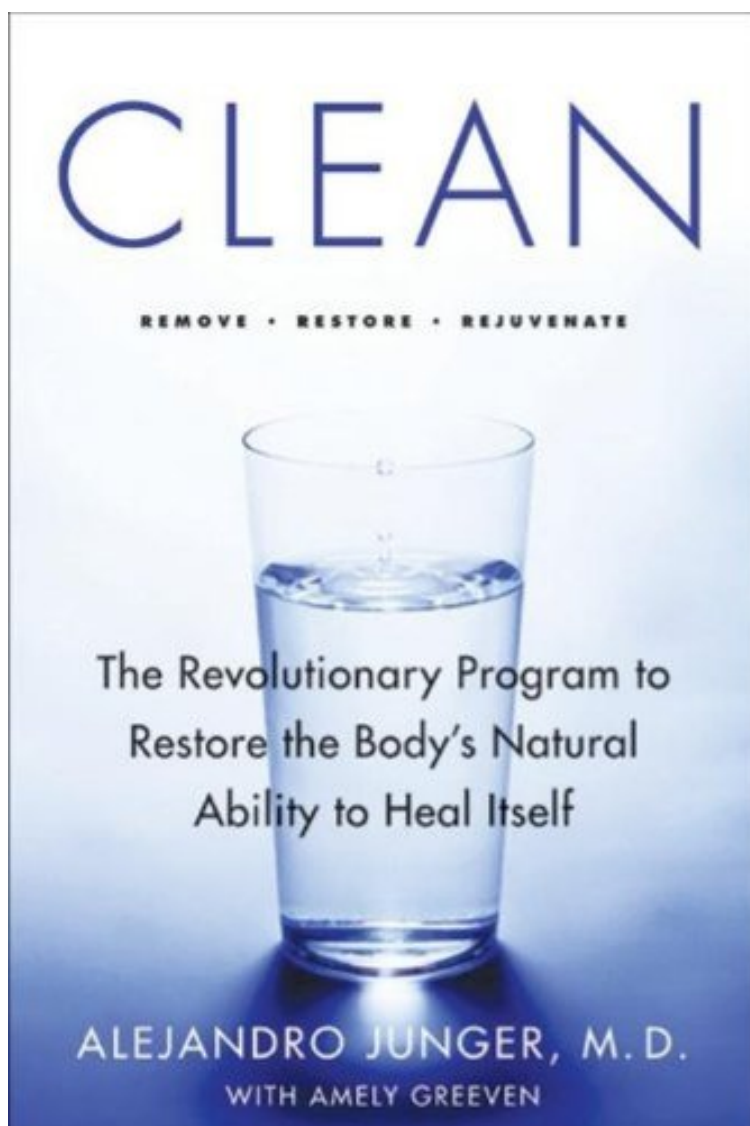


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Clean (Enhanced Edition): The Revolutionary Program to Restore the Body's Natural Ability to Heal Itself



Par Alejandro Junger
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Description :

Prsentation de l'diteurThis book is enhanced with content such as audio or video, resulting in a large file that may take longer to download than expected. This enhanced edition of Clean includes extra audio, video and recipes. In Clean, a New York City cardiologist and a leader in the field of integrative medicine, Dr. Alejandro Junger, offers a major medical breakthrough. Dr. Junger argues that the majority of common ailments are the direct result of toxic build-up in our systems accumulated through the course of our daily

lives. As the toxicity of modern life increases and disrupts our systems on a daily basis, bombarding us through our standard American diet and chemical-filled environments, our ability to handle the load hasn't accelerated at the same rapid pace. The toxins are unavoidable but Clean offers a solution. Revue de presse I am a /CLEAN/ believer, and I recommend its study and practice with the greatest confidence and enthusiasm. (Robert Thurman, author of Inner Revolution) I have seen the incredible results of the CLEAN program with hundreds of patients, from changing their relationship to food, to weight loss to improving health to enjoying life again. If you want to achieve any of these, CLEAN is the book for you. (Frank Lipman, M.D. author of SPENT) Alejandro Junger, M.D., is his message brilliant, compassionate and embodied. Clean is visionary medicine, an initiation into the spirit of healing and its authors credentials prove that science and spirituality are finally dancing cheek to cheek. (Gabrielle Roth, author of Sweat Your Prayers: Movement as Spiritual Practice) Through Clean Dr. Junger teaches us methods of cleansing, not only our physical bodies but also cleansing as a way of life—he shows us the power we have on a day-to-day basis to strive to be the healthiest, positive most beautiful beings possible. (Donna Karan) Clean is a masterpiece of healing... Dr. Junger shows us how we don't have to suffer any longer, nor feel tired, sick and weighed down with the sludge of modern life. You will discover that you didn't know how badly you felt, once you have gotten Clean. (Mark Hyman, MD, Author of the New York Times best-seller The UltraMind Solution) The Clean program works.... I have turned many of my friends on to this program and each one has experienced profound benefits, from weight loss to mental clarity to the end of chronic depression. The wisdom and information contained in this book is deeply helpful and life changing. (Gwyneth Paltrow) With an acute understanding of the interconnectedness of body and mind, CLEAN presents a view of detoxification as a spiritual as well as physical necessity. Dr. Junger has given us a roadmap not only to greater health but also to greater joy. (Marianne Williamson, author of The Age of Miracles) Alejandro Junger, a hypercharismatic Uruguayan, is poised to become the detox movement's It Boy (Elle) A whole-body, whole-foods plan... designed by a cleansing expert. (Chicago Tribune) Presentation de l'auteur This book is enhanced with content such as audio or video, resulting in a large file that may take longer to download than expected. This enhanced edition of Clean includes extra audio, video and recipes. In Clean, a New York City cardiologist and a leader in the field of integrative medicine, Dr. Alejandro Junger, offers a major medical breakthrough. Dr. Junger argues that the majority of common ailments are the direct result of toxic build-up in our systems accumulated through the course of our daily lives. As the toxicity of modern life increases and disrupts our systems on a daily basis, bombarding us through our standard American diet and chemical-filled environments, our ability to handle the load hasn't accelerated at the same rapid pace. The toxins are unavoidable but Clean offers a solution.