



Clean

By Alejandro Junger

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Clean By Alejandro Junger

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.

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Editorial Review

Review

“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 author’s 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)

From the Back Cover

A life-changing medical breakthrough

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About the Author

Alejandro Junger, M.D., is the New York Times bestselling author of *Clean*. Dr. Junger completed his training in Internal Medicine at New York University Downtown Hospital and his fellowship in cardiology at Lenox Hill Hospital in New York City. In addition, after completing his medical training, Junger studied eastern medicine in India.

Users Review

From reader reviews:

Mary Bingham:

Why don't make it to become your habit? Right now, try to prepare your time to do the important behave, like looking for your favorite reserve and reading a book. Beside you can solve your condition; you can add your knowledge by the e-book entitled *Clean*. Try to make the book *Clean* as your pal. It means that it can to be your friend when you feel alone and beside associated with course make you smarter than ever. Yeah, it is very fortuned for you. The book makes you more confidence because you can know anything by the book. So , let us make new experience along with knowledge with this book.

Andrew Garcia:

This *Clean* book is not ordinary book, you have after that it the world is in your hands. The benefit you receive by reading this book is definitely information inside this book incredible fresh, you will get details which is getting deeper a person read a lot of information you will get. This specific *Clean* without we know teach the one who reading through it become critical in pondering and analyzing. Don't possibly be worry *Clean* can bring if you are and not make your case space or bookshelves' turn into full because you can have it in your lovely laptop even cellphone. This *Clean* having very good arrangement in word along with layout, so you will not experience uninterested in reading.

Jesse Reid:

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Robert Vargas:

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