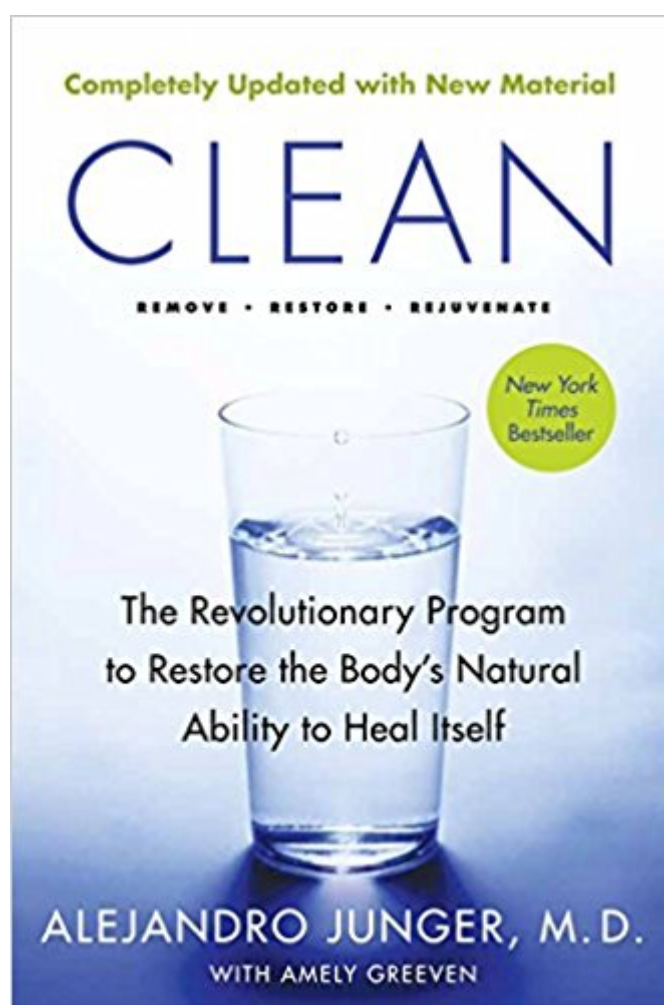


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# Clean -- Expanded Edition: The Revolutionary Program To Restore The Body's Natural Ability To Heal Itself



## Synopsis

International Phenomenon and Definitive Book on Detoxification – The definitive book on detox and cleanses, Clean is a medically proven 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.

## Book Information

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## Customer Reviews

“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 – a 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)

**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

I truly hope this post will help others like myself who would like to follow The Clean Program in it’s entirety, but who does not have \$450.00 for the "Rebuild Kit." I looked everywhere, but I wasn’t really able to find a clear breakdown of what each of these supplements actually are and what a close match might be should I decide to purchase them individually. So, now that I have taken the time to do the research myself, and have broken down The Clean Program’s Rebuild Kit, I would like to offer my determination to anyone else out there looking for this information. If you are interested in getting the supplements but don’t have the finances for the kit like myself, you may want to consider the below listed supplements instead. In all, I would say I spent appx. \$100-\$150.00 which is a big jump from the \$450.00 kit! Keep in mind, none of the supplements are required and many people have been very successful without purchasing any of the supplements at all!!! There are plenty of other reviews to support this statement. However, if you want to follow the

program as closely as possible and elect to take the supplements, I have deciphered The Rebuild Kit and came up with a pretty accurate compromise to the kit's products listed individually as Nourish, Move, Clean 1, Clean 2, etc. I welcome any additions to my post or suggestions that anyone else may have that could be useful as well :-))---- MILK THISTLE, vegetarian capsules- used for daily liver support and detox---- DETOX SUPPORT, vegetarian capsules- supports the body's natural defenses against toxic substances we are exposed to in everyday life---- DAILY FIBER, vegetarian capsules- provides gentle support for gastrointestinal health and natural friendly flora---- MULTI-PROBIOTIC, vegetarian capsules- promotes healthy bowels and balanced digestion---- DIGESTIVE ENZYMES, vegan- a digestive aid that breaks down proteins, fats, carbs, fiber, and milk sugar---- A MULTI-VITAMIN, plant based/ vegetarian capsules or tablets- to ensure you're getting every important nutrient daily---- BROWN RICE PROTEIN, vegan- vegetable protein (Try NutriBiotics Rice Protein)---- NATURAL FIBER/ COLON CLEANSE POWDER, vegetarian- assists in cleansing the colon of accumulated build-up and helps prevent the formulation of new build-up (Try Dr. Natura Colonix Intestinal Fiber. All Colonix products are 100% vegetarian)\*\*\*\*\*All products must be free of common food allergens: yeast, dairy, egg, gluten, corn, soy, wheat, and sugar\*\*\*\*\*IF YOU CANNOT PURCHASE EVERYTHING, but still want to take some supplements, the most important to the program are the MILK THISTLE, NATURAL FIBER POWDER, and PROBIOTIC! So, if nothing else, just get those three and you will still be successful!It is also suggested to drink 2 tablespoons of olive oil everynight before bed and eat a clove of garlic daily. I don't know about you, but I am not a person who can eat a clove of garlic by itself. A suggested alternative:---- AGED GARLIC EXTRACT, vegetarian capsulesIt is also note worthy to mention that Dr. Junger wants you to have a bowel movement everyday. If you do not, he wants you to get a colonic or castor oil and make it happen. You know your body and it's struggles. So, this may be something to consider in preparation as well.\*\*\* If you go to THE CLEAN PROGRAM website, you can actually pull up the "Rebuild Kit" ingredients for yourself. This will allow you to confirm the main ingredients in the products before you purchase anything if you don't want to just take my word for it. Again, \$450.00 was not an option to me but I want to follow the program as closely as possible. They also have a shopping list that you can get an idea of the groceries you will want to get in preparation of The Elimination Diet.I REALLY HOPE THIS INFO PROVES USEFUL TO ATLEAST ONE PERSON! I PERSONALLY WOULD HAVE BEEN VERY APPRECIATIVE TO HAVE HAD THIS INFO AT HAND :-)

The Clean Program itself is really great, but this book was hard to get through. Two thirds of it is

telling me how toxic and horrible the environment is and why I need to do a cleanse, but I imagine that most people who buy the book are already invested and didn't need convincing. I kept waiting to find out what the cleanse actual entails! The cleanse process is only a short piece of the book and is not organized in an easy-to-follow way (e.g., Step 1: pre-cleanse/elimination, Step 2: cleanse). Even the recipes are organized in a confusing manner, with there being two different groupings of categories of food (i.e., Shakes section, then soups, then chicken, ....then back to another shakes section, another chicken section). I found myself going to the online resources on the clean website (the manual and the support section's manual) rather than referring back to the book. All the important pieces about how to follow the program, including recipes, are online. This book wasn't worth buying, in my opinion, although the cleanse itself was really great to follow.

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. And I lost 16 lbs. In the following 2 months I added some of the eliminated foods back in though in smaller amounts than before, and continued exercising and eating lots of vegs, smaller portions etc., and lost around 6 lbs. a month. As others have said, the core of the diet is habit-alteration, and an "elimination diet". But what is the latter? It's the diet that clinics ask people who need testing for food allergies to get

on in advance of the testing. You cut out everything that many people are allergic to. Then you eat foods that aren't on that list. And you eat less--though there's no need to starve yourself as some reviewers apparently did. And, after 21-30 days, you will have developed some new eating habits, tracked down a lot of new, healthier recipes, changed some of how you socialize (in my case overeating and somewhat over-imbibing), and started feeling better--physically and emotionally. If you ALSO lose weight, and you probably will, Great! But the primary goal should be changing how you eat and increasing your activity level--i.e. correcting the reasons you probably got fat in the first place. For people who are as put off by fads, commercial hype, programs, proselytizing as I am: **YOU DO NOT NEED TO BUY SUPPLEMENTS.** The book unfortunately hypes them because Dr. Hunger (or is it Younger?) is selling an expensive and unnecessary sack of them for hundreds of dollars. You don't need other posters' list of "natural" replacements either. The big box of special Diet Stuff is shake powders and vitamins and Colon Blow (remember the SNL skit?) for people who want their rear end to have a mystical experience, or who want to get as close to a magic diet pill as possible instead of altering their behaviors. It's kind of lame Dr. Younger is hawking that stuff, because it goes against the book's basic approach, which is to change how you think about, select, and consume foods; not just drop pounds. I did buy a barrel of pricey protein powder for breakfast shakes and a bunch of other FOODS that I did not previously keep on hand the night before I started in. But I did not--and the book doesn't actually insist that you do--buy any supplements or the fannytastic Clean "KIT" (that's my last scatological joke, I promise). Also, for those who think this might be too difficult or extreme: after a week and a half I went down to just 1 breakfast shake (rather than the Slim Fast-like recommendation of 2 shakes and 1 meal per day) because the shakes were getting dull, and I couldn't see a difference between drinking some low-GI carbs, protein, and fats for lunch in shake form and just eating them. In sum, though I found most of its rationales ranged from under-articulated, to corny, to outright-laughable, the book's basic program is good. I benefited the most from taking on, and completing the 1 month challenge, and now, 3 months after starting in on it, I have healthier routines and habits and have dropped a significant # of additional pounds. 2013 P.S. Apparently some respondents mistook my suggestion that supplements are not required for this 'cleanse' as an attack on supplements and their users (and maybe more to the point: sellers?). The idea there was simply that hype and obfuscation aside, you don't need either the book's pricey bunch of stuff OR other reviewers' slightly less pricey bunch of stuff. You can just eat nutritious, readily-available, easily-prepared, and significantly cheaper food--in either liquid or solid form--if you so desire. Given that eating off the 'cleansing' list took no more or less time than eating in a regular way, I don't see how or why the recommended pricey and

sub-pricey stuff is a benefit, especially when one considers how tiring slurping up a thick, oddly-textured slurry for 2/3rds of their meals for 1-4 WEEKS must become. Doesn't matter how good that slush might taste; it would still depress and demotivate me. And that's not going to help one build the recipe bank and excitement about eating healthier foods one needs to keep losing weight/keep weight off over the long term. But: if glugging shakes and popping pills floats your boat, friends, by all means don't let my preference for cheaper, piquant, brightly colored, vari-textured, solid, semi-solid, delicious, and identifiable FOODS upset you. In response to a couple others, just roll forward and you'll figure things out as you go. I felt awful and even weirdly scared on day 1, slightly hungry on day 2, but the rest was surprisingly easy. I should add that before, during, and after the 'cleanse' I gleaned a lot of bits of info. from reading or flipping through lots of books from the library on nutrition, weight loss, weight training, "brain health", food and mood, and sport-specific fitness (cycling). Though I'm omnivorous, I also found a lot of useful recipes from vegetarian, vegan, gluten free, and to a lesser extent raw cookbooks and blogs. If you need to make stuff in more bulk quantities for lunches etc. vegetarian Indian food is great for that. And/or, though I hate to plug for any particular book, I found Tosca Reno's 'eating clean' books--readily available at your local public library no doubt--useful; especially her magic mini-cooler packing plans.

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