



## The Conscious Cleanse

*Jo Schaalman, Julie Peláez*

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*A simple, sensible 14-day plan for losing weight and healing your body*

If you're looking for relief from an ailment such as depression, chronic pain, or allergies or are looking to lose weight, but want a natural, flexible way of doing so, then *The Conscious Cleanse* is the perfect programme for you.

In this easy-to-follow 14-day programme, you get a day-by-day plan to filter out harmful foods and guidance on what foods to avoid with optional yoga-based stretches and exercises to incorporate into your programme. Plus, tips to lose weight easily so there's no need to starve yourself as well as meal plans with shopping lists and over 100 delicious recipes. You'll also find techniques and inspiration for continuing a sustainable and vibrant conscious lifestyle after the cleanse is complete.

Whether you're looking to shed excess weight or relieve any number of ailments, *The Conscious Cleanse* will provide a solution that will change your life for good.

## The Conscious Cleanse Details

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## From Reader Review The Conscious Cleanse for online ebook

### **Rachel Pollock says**

I was looking for a detox/dietary cleanse program that seemed both healthy and achievable--i'm not into weird diets or trying to fit into some special dress size or whatever, and this had a lot of positive points going for it in terms of sounding like a fairly sane approach to such a thing.

Some of the recipes have a few too many zany ingredients and you can't do this without a blender, but it's a great road map i think. At points it gets a bit repetitive with the cheerleading and the new-agey stuff, and if you are squeamish about your own bodily functions there's a big section on bowel health that will probably squick you, but hey, everybody poops.

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### **Fay says**

I know it's doing miraculous things for my daughter's allergies. As for me, I'm following the general principals without the cleanse.

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### **Susan B says**

This book was really easy to read and I enjoyed the authors' conversational style even as they imparted important information about diet and health. The 'cleanse' is basically an elimination diet with emphasis on eating pure foods and detoxifying your body. When foods are reintroduced you have the opportunity to discover what sensitivities or allergies you may have. I'm planning to follow the plan after Thanksgiving. I have to return the book to the library (there are three people waiting for it), so plan to buy the Kindle version for my own reference. Will report back when the cleanse is done. It seems pretty straightforward, though, and the authors suggest daily meal plans and include recipes to keep things easy for the newbie.

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### **Lindsay Hong says**

This book provides a very holistic approach to health. The point of the "cleanse" is not to starve yourself or lose weight, but rather become aware of what food is doing to your body. I highly recommend it!

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### **Brindi Michele says**

Fabulous. pair this with Calbom's juicing and fasting book and you have one heck of a cleanse. I think our bodies need this "cleaning" at least twice a year. plus all ingredients seem easily available except for the tea recipes. heading out to buy....

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## **Brigitte says**

If you suffer from chronic crud, be it stuffy nose, headaches, fatigue, joint pains, etc. this is a must do 14 (really 21) day journey to heal your body and rebuild your relationship with food and hunger. No calorie counting, just whole, clean food eating direct from the source! Amazing results for me, except re-introducing dairy that strewed up my breathing big time....so now I know for sure that for me no dairy!!

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## **Marilyn says**

I think the concept is good; and, after I got past day three, I felt light and clear-headed. However, on day seven, I fainted...guess you could say the conscious cleanse rendered me unconscious! Because I didn't have my usual hunger cravings, I don't think I ate enough. My goal is to continue to use the information in the book to make informed decisions about what I put in my mouth.

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## **Sinclair says**

The beginning is theory about food and how to use this 14-day cleanse, the second half is the cleanse itself—guidance through it, recipes, preparation, etc. Written by founders of the Institute of Integrative Nutrition, of which I'm familiar and have some trust in their trainings ... I'm interested in trying a regime like this to see if I can rebalance my own system, but I'm not sure it's this one. Maybe. It's a possibility.

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## **Wendy says**

I appreciate the approach in this book. Not overly scientific and easy to read and understand. The one thing that would make the cleanse really easy to launch into is a shopping list. I'm embarking in a few weeks and would have appreciated a list of the must haves to take to the store rather than trying to figure out quantities by perusing all of the recipes.

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## **Daniel Kuhlman says**

I love the fact that this is not a diet to lose weight. This is a life style choice to make the rest of your life healthy. It also gives you the choice to make it an 80/20 balance and not a 100% tow the line kind of thing. Totally doable and I feel better for it.

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## **Cathydny says**

I have so much respect for Jo. I won't be sticking with this for good, but it certainly was a nice reset and has me thinking about ways to get in even more nutritious foods.

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### **Michiel says**

I think the ideas are sound in this book, and I am inspired to give it a try with my son whom I am suspecting food sensitivities. However, the first part of the book is extremely repetitive, and there are very few recipes outside of smoothies that I'm thinking son is going eat willingly.

Still, it's nothing extreme. It looks safe and healthy and manageable for two weeks and then common sense for getting back into a new normal.

Despite repetition, the authors are encouraging.

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### **Marjorie Elwood says**

Although the writing was engaging, there was a fair bit of pseudoscience (for instance: that absorption of coconut oil through the skin confers the same health benefits as taking it internally) throughout the book. In addition, vegetables were virtually always touted as being completely healthy; there was only one mention made of the fact that some people have allergies or sensitivities to certain fruit and vegetables.

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### **Kate Maxwell says**

This was fabulous! It was very well written and well-put-together. If you are looking for a good book on detoxing, this one is IT! Not only do they go through the steps, but they also give you so much information, you find yourself saying YES! And then... they give you 14 days of motivational readings to keep you going on the detox and what is happening with your body, to let you know that what is happening with your body is normal. And THEN - you get recipes, to boot!

It is ultimately readable. You feel like you have a best friend sitting beside you to explain what a cleanse is, why you need to do and how to do it! I am looking forward to reading this one again!

Well written, ladies! Thank you for a fabulous book, and I am so glad I saw this mentioned by Joshua Rosenthal. One of the best books I have read recently, dealing with elimination diet, cleansing and detox!

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### **Renae says**

I really liked their approach. This isn't a starve yourself for 3 days cleanse; it concentrates on eating a plant based diet full of greens and fruits for 14 days. The recipes are great and you can eat quite a bit. You then gradually add in foods that could be causing issues such as inflammation or intolerance as a way of finding what isn't working in your diet. Best part, only \$5.99 for kindle edition!

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