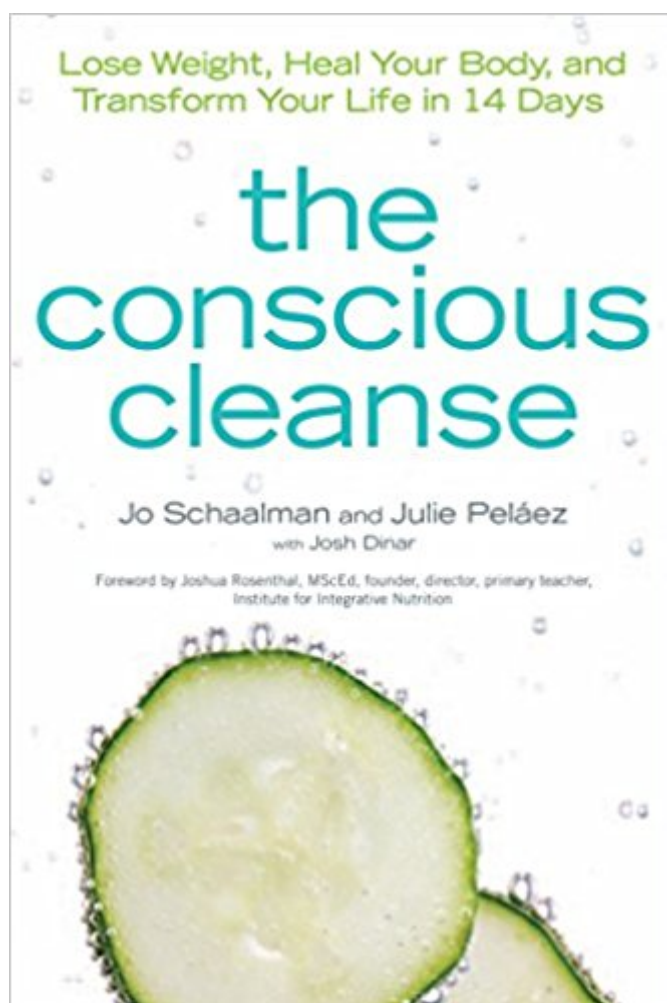


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The Conscious Cleanse: Lose Weight, Heal Your Body, And Transform Your Life In 14 Days (Complete Idiot's Guides (Lifestyle Paperback))



Synopsis

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 â “ the realization about the healing powers of food. With Julie PelÃ¡ez 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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Customer Reviews

Jo Schaalman is a Nutrition Therapist who leads nationwide nutrition and yoga workshops focusing on transformative healing and optimal health. Through her personal journey of debilitating allergies and a devastating bike crash, she has learned how to heal herself. She shares the wisdom she's gained in healing and nutrition through her popular yoga classes and the Conscious Cleanse program, helping people find their optimal health. She has worked closely with great mentors such as yoga master Ana Forrest and Dr. Theron Randolph, both cutting-edge healers in their fields. Julie Peláez has been a certified Bikram yoga instructor for nearly a decade and is a Holistic Health coach. She studied at the Institute for Integrative Nutrition with experts like David Wolfe and Dr. Andrew Weil. She is grateful to bring her passion for vibrant health, raw food and personal transformation to her work as a health coach and to the Conscious Cleanse. Julie hopes to inspire people to journey inward, to discover their own truth in service of living a purpose-driven life. Josh Dinar is cofounder and publisher of DiningOut magazine, a network of North American regional dining publications. He has written for many publications and websites, including SKI Magazine, Delicious Living, Natural Foods Merchandiser, and Wild Blue Yonder (Frontier Airlines' in-flight magazine). He has authored a pictorial history of Denver entitled Denver Then & Now. Josh is on the board of directors of Lighthouse Writers in Denver and is a co-owner of H BurgerCO, a small chain of American grills in Colorado.

3.5 Stars. My wife and I are just wrapping up our first experience with the Conscious Cleanse, so this review comes straight from the trenches. While weight loss is NOT the point of this cleanse, my wife has dropped from 150 to 141 and I from 238 to 225 over the past 14 days. Pretty amazing. One of the things the authors have you do is complete a 16-point wellness evaluation (rating things like allergies, energy, mental clarity, and stress level) on days 1, 7, and 14 to see how you progress over the course of the program. We already ate a reasonably healthful diet pre-cleanse, but I'm happy to report we logged improvements in over 80% of the categories. Again, pretty awesome. We almost universally enjoyed the green smoothie breakfasts and (predominantly) salad lunches. Dinners were hit and miss, which contributes to my 3.5 star rating. It seems as though the recipes provided (which you don't necessarily have to follow, though it takes the guesswork

out of the equation) did not go through testing by actual chefs/cooks before going to print. My wife and I are both skilled in the kitchen, and found many of the ingredient proportions and portion yields to be off (the Curried Carrot Soup, for example, which is delicious, does NOT yield 8 bowls unless you're eating out of ramekins). Further, eating begins with the eyes, and when your dinner for the night is an unappealing puddle of watery white glop covered with a thin brown gravy (I'm looking at you, Cauliflower Mashers with Mushroom Gravy), it's hard to feel particularly satisfied. This recipe was, by far, the biggest loser of the bunch. Another thing to consider, and I'm not trying to dissuade anyone from taking the plunge, but you should know this up front: you will be spending a LOT of time in the kitchen over the next two weeks. You will be washing, chopping, tossing, and blending until you want to run as far and fast from the kitchen as possible. My wife and I have no children and she works from home, allowing her to do some daytime prep. And STILL it was exhausting for two people who are, as mentioned, skilled in the kitchen. This will be a part time job for the next 2 weeks, so make sure you know what you're getting into. Energy levels have fluctuated. Some days we've felt like we're walking on air, others like we're running on empty. I've continued to hit the gym 3-4 times per week during the cleanse, but have noticed I'm not achieving the same power output. During the second week, I started supplementing with an organic, raw, all-veggie protein powder that seemed to help, but I've definitely felt a bit protein-deficient despite the veggie protein and limited lean meat the cleanse allows. Similarly, our moods have run the gamut. We've definitely been hangry at times and I've literally found myself dreaming of cookies and fried seafood and pizza. Most of the time cravings can be fended off with a handful of walnuts, some peppermint tea, or even plain old water, but I tell you, I'd about kill for a burger and a beer and a night out with friends right now. Which brings up another thing we didn't consider ahead of time: our social lives have been non-existent for the past two weeks. You will be a hermit during the cleanse. Fair warning. All in all, we're very glad we did this and will definitely carry a number of the precepts into our everyday life. The authors might have benefited from more targeted recipe testing as well as a little less pseudo-science (with a couple of exceptions, such as your armpits, you do NOT release toxins--or in fact, anything besides water and salt--when you sweat and, contrary to what the authors say, plain water is NOT the only thing that counts toward your daily fluid intake), but overall the concepts laid forth in the Conscious Cleanse are logical and sound. At the end of the day, you get out what you put in. We're on to the reintroduction phase next and based on our answers to the wellness evaluation, do not expect to find any significant sensitivities to the ingredients

we've kept off our plate during the cleanse. Still, this is a unique opportunity to step away from the Standard American Diet (which carries a fitting acronym: SAD) and find out whether any of the foods we routinely eat are actually making us sick. We'll see what happens. Hope this review helps others who are considering embarking upon this journey. I'd recommend it, but it's no cake walk. (Please forgive the pun! I just really want some damn cake!)

I have been doing The Conscious Cleanse every change of season for the past two years now. I have an alarm set in my calendar to go off on the Summer and Winter solstices and the Spring and Fall equinoxes. I do this intentionally, so my body can become in tune with the change in weather, and it helps prevent me from getting sick. It is so easy for our bodies to become out of wack and The Conscious Cleanse gets me back to where I want to be in 2 weeks. This book and 80-20 way of eating and living consciously has changed my life for the better in so many ways... I literally have told everyone I know about this book! The first few days of the cleanse are always SO TOUGH (even though I eat really healthily in my daily life), but once day 4 and 5 arrive, I sleep better, the colors I see look brighter, my taste buds are more alive and I have more energy. Also, I love this cleanse because I CAN EAT AS MUCH FOOD AS I WANT, just as long as they are "cleanse friendly foods." If you stick to it, you will see changes emotionally, physically and spiritually (no joke!). For each day, write the journal entries that Jo and Jules prompt, make new recipes, plan ahead so you don't get super hungry and grab the kind bar, or the oreos... and do this with a friend or 3, and text about your struggles and successes, all day! The community support is huge for me and makes this cleanse, even fun, at times..! (once my sugar and caffeine detox goes away ;)

If you've ever felt the urge to re-think your diet or do a cleanse, this book is for you. It's a step by step guide to a new relationship with food. They take you day by day through the process and then offer wonderful recipes to substitute for what might be your current dietary trend. The recipes make choosing a new approach to diet very easy. I easily lost about eight pounds I really didn't need. I felt cravings diminish and my energy levels evened out. Great book. I'll do this cleanse again but in the meantime, I have changed my general approach to food and it's much healthier.

Great book! I lost 15 pounds and feel amazing after.

This is a great, easy to read guide for anyone wanting to rethink their diet for any reason. The plan

is an easy to follow jump start on finding out which foods are great for you and which ones aren't. It was a little life changing for me. I didn't know how much certain foods were driving my appetite and food cravings.

Loved this book and lifestyle. Two weeks flew by with me feeling amazing. I decided to keep going longer with a few foods added back in. Highly recommend this book if you are ready for change, want to lose a few pounds (or more), and want to feel great.

After years of experiencing various food allergies, I finally was able to get to the root of the problem which was soybeans. The Conscious Cleanse helped me continue on my quest to discover which foods did or did not work for me. In the 2 week process, the added benefit was losing the same ten pounds that I have been going up and down with for years and this time, I was able to keep it off. The most difficult part was giving up caffeine for 2 weeks, and with the guidance of Jo and Jules I powered through it and ended up feeling much better in the end. I continue with their 80/20 recommendations and when I feel my old habits returning, I am glad to have this book as a guide to get back on track. It is also amazing to run into friends and hear them talk about this great cleanse and we will find out that we are both talking about the Conscious Cleanse. Thank you both for the valuable information, guidance and continued support! Jodi

LOVE this book. I always go back to the conscious cleanse when I need a re-boot. I lost weight and felt better. It meets you where you are.

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