



Go Clean, Sexy You: A Seasonal Guide to Detoxing and Staying Healthy

Lisa Consiglio Ryan

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Go Clean, Sexy You not only serves up a collection of delicious recipes, but offers a holistic approach on how to live a healthier life?putting whole foods into your body, detoxing every season to regularly cleanse your system, associating with those who fuel you not bring you down, and managing stress with activities that bring you back to balance.

A certified health and nutrition coach, author Lisa Consiglio Ryan provides straightforward guidance on how to overcome the obstacles that keep you from losing those last ten pounds, make you feel exhausted every afternoon, and compel you to indulge in unhealthy habits. Spending years struggling with a growing arsenal of health-destroying conditions that ranged from fibromyalgia, hypothyroidism, candida and rosacea to cystitis and tons of allergies, Lisa decided to turn to nutrition and lifestyle to reclaim her health. Then pursuing her education with the Institute for Integrative Nutrition, she turned her personal quest into her vocation with the launch of Whole Health Designs.

As a nationally acclaimed wellness expert, Lisa has worked with thousands in her detox programs. Her approach incorporates easy-to-adopt eating habits, free from counting calories and fat grams. As you navigate through the seasons with Lisa's whole food-based detox plans, you'll be tapping into your body's wisdom, forming sustainable habits, and developing loving, respectful relationship with your body. Not only will you feel better, you'll look better too!

USA Best Book Awards: Cookbooks: General, Finalist

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Christina Ochs:

Spent a free time and energy to be fun activity to complete! A lot of people spent their leisure time with their family, or their own friends. Usually they undertaking activity like watching television, likely to beach, or picnic inside the park. They actually doing same every week. Do you feel it? Do you want to something different to fill your current free time/ holiday? Might be reading a book can be option to fill your free time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to try look for book, may be the guide untitled Go Clean, Sexy You: A Seasonal Guide to Detoxing and Staying Healthy can be good book to read. May be it can be best activity to you.

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