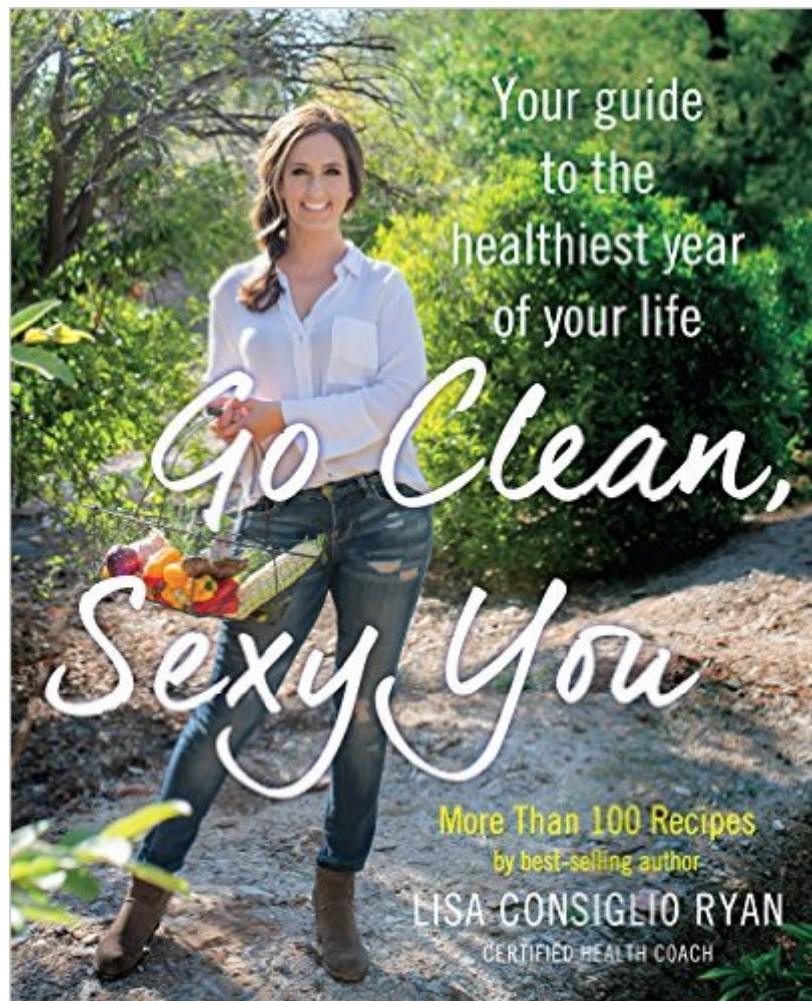


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# Go Clean, Sexy You: A Seasonal Guide To Detoxing And Staying Healthy



## Synopsis

Go Clean, Sexy You not only serves up a collection of delicious recipes, but offers a holistic approach on how to live a healthier lifeâ•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 Lisaâ™s whole foodâ“based detox plans, youâ™ll be tapping into your bodyâ™s wisdom, forming sustainable habits, and developing loving, respectful relationship with your body. Not only will you feel better, youâ™ll look better too!USA Best Book Awards: Cookbooks: General, Finalist

## Book Information

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## Customer Reviews

I am so excited to have all of Lisa's clean recipes in one place. I am always incorporating these

recipes in my meal planning and jumping from one document to the next is a problem no more. I feel so much better when I am eating clean and Lisa's recipes provide variety for even the pickiest eaters. If you are not sure if clean eating is for you try out some of these and you'll be convinced.

As New Year's Day approaches, like every year, we all aspire to do the same thing "to make the blossoming new year our healthiest yet" complete with changes in our diets and exercise regiments. With this well-written guide, certified Health Coach Lisa Consiglio Ryan helps you attain your nutrition and weight goals by getting back to the basics. She outlines seasonal detoxing plans, a focus on fresh/organic fruits and vegetables and adding natural grains to your daily diet. My Husband and I may be considered "Old School", as 95% of our meals are prepared from scratch. We use several varieties of grains at present, but, after discovering Lisa's yummy recipes and helpful tips, we are anxious to try others, as well as tweaking the dishes we now prepare, according to Author Ryan's recipes. Two items not mentioned (as far as I could see) "checking with your pharmacist to see if eating grapefruit will affect a medication and anything about substitutes if you have nut allergies. Lisa has included wonderful ideas for those individuals who are glucose-intolerant. All in all, this volume should start to get you on course for healthy and energetic New Year for you and your Family. Nancy Narma

Lisa's new book is beautifully put together. Her seasonal concept of detox keeps it fresh and moving forward. Her recipes are delicious. I use her website consistently and now it is wonderful to have her extensive knowledge all in one place. She makes sense out of clean eating without the mumbo jumbo often used by other health gurus. I LOVE this book !

Lisa is incredible! If you are ready for a healthy recipes to feed your body and soul, then this book is perfect. She fills each page with love and encouragement to reach your personal goals. Not only will you learn about Clean Living, you will have a joyful journey with Lisa as your coach.

I have followed Lisa's detox plans for years and I'm thrilled to see her first book! I detox seasonally, and her menu plans work and make you feel amazing! Simple to follow easy delicious recipes will give you the boost to healthy eating!!!

Lisa is a veteran clean eating coach and recipe-making marvel! I've relied on her for years to get back on the wagon of clean eating, and she always delivers with delicious, quick-to-make meals,

easy-to-follow shopping lists, and encouragement from every corner. She is my clean eating guru, and I always lose weight, feel amazing, and feel in control of life again when I follow her lead. Buy this book. Don't wait- start now! In a week, you'll be so happy you did - I promise! Let Lisa guide you to your clean, sexy you. She's in there. Join this team! :)

There are many schools of thought on a detoxification diet, some for and some totally against. I am not sure how I feel about the whole thing or if I could even stick to it. Changing eating habits, good and bad, takes a lot of courage and determination. I did learn a lot reading through this cookbook, some great facts, and interesting recipes. I love most fruits and vegetables, when you are a kid you are always being told to eat your fruits and veggies, they are good for you. Well, that is not always true, fruits have sugar and with some people that have diabetes have to be careful. I am diabetic and it is an everyday struggle. I think that if a person is willing to go the distance with this detoxing, then this is definitely a book to look at. At the beginning, you will find an introduction with the author's own story. The first chapter tells you the how's and why's you should detox. What foods you should avoid when detoxing, foods that you need to have in your kitchen along with the proper utensils. Chapter 3 gives you daily instructions and how to be successful at the detoxing process. Now these were the chapters that I liked, chapters 4-7 give you the detox plan based on seasonal foods. Along with these tips are detailed recipes, shopping lists to have and even what to do on what days of the plan. Like I said earlier, I am diabetic and just not sure if this is for me. Some of the recipes for me are worth looking at. This cookbook gives me a lot of information and tools with which to make a decision. I would say definitely give this cookbook a chance. Of course before going into this type of detox program, please talk to your health care worker. I give this book 5 stars. I was very impressed with the process of detoxing your body. I received a copy of this book for review for my honest opinion.

Beautiful, beautiful book! Each photo is gorgeous and the recipes are incredible. And I am not a cook, nor do I like to cook. Yet, each recipe is flavorful and easy to make. I love the stories the author included about her view on food and its place in creating wellness! Go Clean is a must-have for any kitchen!

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