Total Life Cleanse: A 28-Day Program to Detoxify and Nourish the Body, Mind, and Soul (Paperback)

By Jonathan Glass

Inner Traditions Bear and Company, United States, 2018. Paperback. Condition: New. Language: English . Brand New Book. A comprehensive guide to the integrated detox of body, mind, and spirit * Presents a practical 28-day plant-based program, divided into four cycles, to initiate and maximize physical, mental, and spiritual detoxification * Provides plant-based smoothie and meal recipes, tips on liver health and healthy elimination, exercise and yoga practices, breathing and meditation techniques to address toxic thought patterns, and Karma/Forgiveness cleansing rituals Integrating the ancient wisdom of yoga, Ayurveda, and Traditional Chinese Medicine with naturopathic principles and contemporary nutritional science, Jonathan Glass, M.Ac., C.A.T., presents a practical 28-day program, divided into four cycles, designed to initiate and maximize detoxification of your body, mind, and spirit from the harmful effects of the modern lifestyle. Glass reveals the interconnectedness of what we consume, both mentally and nutritionally, emphasizing that cleansing of the body alone will offer only a temporary solution if we do not also apply the same cleansing principles to our thoughts and actions. He explains how the soul is encased in five coverings, known as Koshas, and details how to harmonize all five Koshas through a plant-based diet, exercise, yoga, breathing techniques,...

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Reviews

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