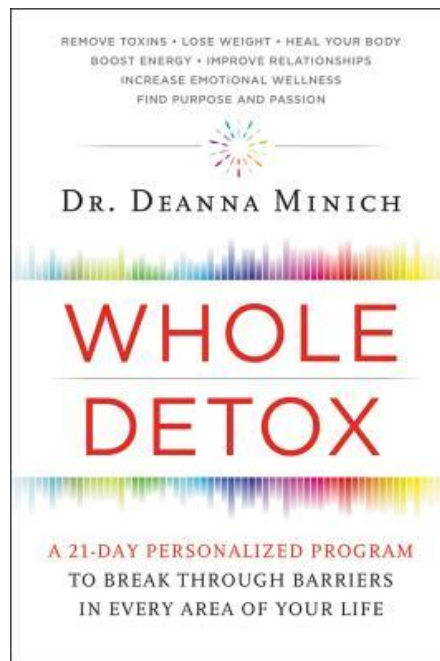




Whole Detox: A 21-Day Personalized Program to Break Through Barriers in Every Area of Your Life

Deanna Minich

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Combining her experience as scientist, researcher, and clinician, internationally recognized health expert Deanna Minich offers a comprehensive, integrative, and personalized approach to detox that helps you heal your unique physical challenges and overcome the life obstacles holding you back from total health and wellness.

Most detox programs—from fasts, cleanses and supplements, to elimination diets, organic diets, and saunas—focus on ridding our bodies of the bad foods or chemicals that prevent us from achieving total health. While some people respond well, others find the benefits are short lived and do not result in transformational change.

Experienced researcher and practitioner Dr. Deanna Minich discovered that to achieve true health and wellness, we must address all of the toxic elements in our lives. Going beyond previous programs, *Whole Detox* offers a proven plan to uncover all the obstacles that prevent you from feeling your best. Using Dr. Minich's integrative, color-coded system that has successfully helped thousands, *Whole Detox* teaches you how to identify which of your seven "health systems" are out of balance, and provides a personalized prescription for diet, activity, and lifestyle changes that will make you feel better. Following her systematic, step-by-step twenty-one-day journey through all seven systems, filled with helpful questionnaires and charts, you can remove toxins, lose weight, repair existing health issues, boost energy, improve relationships, and find purpose and passion.

Dr. Deanna Minich's methods have resulted in jaw-dropping results. By ridding yourself of all types of toxins, your body will change dramatically . . . and so will your life.

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Barriers in Every Area of Your Life Deanna Minich

From Reader Review Whole Detox: A 21-Day Personalized Program to Break Through Barriers in Every Area of Your Life for online ebook

Sarah says

Can't wait to ease into the detox. This book taught me so much and totally inspired me?

Laura says

This outstanding, whole life improving model has helped me in so many ways. The recipes are delicious. The melding of movement, journaling, meditation and eating is insightful. I highly recommend this book for people on the path of wellness.

Lauryna Nelkiné says

I loved Dr. Minich's whole approach to nutrition. I tried as much as possible to adhere to the 21 day meal plan. I must say that I enjoyed making my meals more colorful and nutritious and morning mantras made me more mindful towards food. However, one thing I didn't enjoy was breakfast. I thoroughly completed every breakfast smoothie in the meal plan. Maybe it's just me (I'd rather have savory breakfast) but it was way too sweet to start every morning with a smoothie and I had never felt satiety after drinking it. At day 16-17 I was sick of the idea that I have to drink another sweet smoothie for breakfast. Maybe more balanced variety in the breakfast department would be a suggestion if you don't want to go completely crazy.

Lauren says

Interesting recipes, nourishing program to follow. Have to say I didn't make it all the way through the cleanse, it's pretty intensive, but I was noticing some shifts in my body! Will have to revisit this program when it's a better time for me to stick with it.

Elizabeth Ruth says

Dr. Deanna Minich's research into the nature and psychology of the human body and its processes shows that detoxification is a continuum of actions that require not just your mouth and gut, but the whole of you, from your body to your brain and emotional state.

If a person doesn't, or can't, let go of toxicity, that toxicity will continue to follow them even though they might otherwise eat right and keep themselves fit. Minich points out that since the mind, body and emotions are interconnected, even a person who possesses a clean, healthy body, may suffer from toxic emotions or beliefs, preventing them from the radiant health they have striven so diligently to find.

Minch's plan to help you detox is called Whole Detox and the Seven Systems of Full-Spectrum Health. This plan has a number of facets that address the utmost in a person, finding the best they can be, their native beauty. Besides the actual diet, each part of the plan starts with naming the disturbances, doing affirmations for how to relate to the world and community, performing (usually yoga) movements daily, journaling on specific statements, meditations, and the art and science behind the seven colors of healthy food. Read more on my blog about at

Sheila says

I have been experimenting quite a bit with my diet lately and really like the idea of a whole detox to include nutrition as well as other holistic components such as movement, affirmations and meditations. I took the Whole Detox Spectrum quiz and know which systems I need to focus on for better overall health.

This was another audiobook 'read' and definitely a very productive way to spend my commute. Preparing for the full 21-day detox will take some time but I think it just might be the way I kick off the new year.
