## The Elemental Cleanse: 28 Days to a Healthy Body, Calm Mind and Awakened Spirit (Paperback)



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## Reviews

This pdf is fantastic. It typically is not going to price too much. You will not truly feel monotony at at any time of your own time (that's what catalogs are for about if you request me). (Leslie Reinger)

# THE ELEMENTAL CLEANSE: 28 DAYS TO A HEALTHY BODY, CALM MIND AND AWAKENED SPIRIT (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.THE CURRENT STATE OF INBALANCE We get up early and work late. We are bombarded with texts, emails and phone calls. We have mounting bills and depleting bank accounts. We eat on the run and mindlessly snack on food with little nutritional value only to see it turn into extra pounds on the scale. We carry scars with us from childhood that pop up from time to time in unsuspecting ways. We make choices we don t even realize we are making. We are tired, stressed and overwhelmed. We are not sure what we want to do, only know that we arent fulfilled by what we are doing. This is what it means to be out of balance. As a society, we are plagued by disease, weight gain and stress. While there many short-term solutions addressing the symptoms of our dysfunction, few go to the heart of suffering and facilitate real and permanent healing. THE POSSIBILTIES OF IMAGINING IF. On the other hand, imagine what it would feel like to have your sparkle back and wake up in gratitude each morning for a fresh new day. Imagine looking in the mirror with 10+ pounds melted off (for good) as an effect of your body being in its natural state. You notice that you are eyes are bright, your skin is radiant and your hair is healthy and strong. You live your life with greater intention and joy. You are no longer held bondage by bad habits, addiction and self-defeating behaviors. You feel connected to your deeper purpose and what is sacred to you. You have found your own unique path of transformation and you feel truly happy to be...

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