



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

By Deanna Minich

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

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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By Deanna Minich **Bibliography**

- Sales Rank: #59031 in Books
- Brand: imusti
- Published on: 2016-03-08
- Released on: 2016-03-08
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x 1.50" w x 6.00" l, 1.42 pounds
- Binding: Hardcover
- 448 pages

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### Editorial Review

#### Review

“For detox to work, it needs to address the ‘whole self’. I am excited to see Dr. Deanna Minich has written *Whole Detox* for this very reason. Quite frankly, I think that she is the perfect person to talk about detox in this new ‘whole’ kind of way.” (**Mark Hyman**, bestselling author and Director of the Cleveland Clinic Center for Functional Medicine)

Within her book *Whole Detox*, the reader will find the best of Dr. Minich and an opportunity to improve their health through the wisdom she provides from both her extensive research and clinical applications. (**Jeffrey Bland**, Ph.D., President: Personalized Lifestyle Medicine Institute)

“I love the approach of *Whole Detox*, which looks at you as a whole person—a complex body, mind and spirit comprised of interrelated systems that, when in balance, provide the key to complete health and wellness.” (**Sara Gottfried**, MD, *New York Times* bestselling author of *The Hormone Reset Diet*)

“*Whole Detox* is an empowering, enlightening read—a practical manual for cleansing, healing, and thriving.” (**Dr. Frank Lipman**, *New York Times* bestselling author of *The New Health Rules*)

“*Whole Detox* redefines detox in a colorful, holistic way that heals not just the body, but the whole being. Deanna has brought together her scientific mind and her creative soul to develop a 21-day program that can change lives and transform the human spirit.” (**Alejandro Junger**, MD, *New York Times* bestselling author of *Clean, Clean Gut and Clean Eats*)

“You’ll never think about detox in the same way again after reading and experiencing *Whole Detox*. It’s mind-body medicine meets nutritional detoxification through the spectrum of color. Genius, creative, and inspiring” (**Amy Myers**, MD, *New York Times* bestselling author of *The Autoimmune Solution*)

“*Whole Detox* offers up a comprehensive and integrative program that paves the way for re-establishing health, disease resistance and vitality. Deanna Minich guides with knowledge, expertise, experience, and most importantly, compassion. Her dedication to the art of healing is evident in every word.” (**David Perlmutter**, MD, author of #1 *New York Times* bestsellers *Grain Brain* and *Brain Maker*)

#### About the Author

**Dr. Deanna Minich** is a fellow of the American College of Nutrition, a certified nutrition specialist, certified nutritionist, and a registered yoga teacher. She is the author of more than fifteen scientific publications, and four well-received professional books, and a popular blogger for *Huffington Post* and *MindBodyGreen*. A resident of Port Orchard, Washington, she is senior advisor to the Personalized Lifestyle Medicine Institute in Seattle and an adjunct professor at the Institute for Functional Medicine, the Maryland University of Integrative Health, and the University of Western States.

**Tanya Eby** is a narrator and novelist who has narrated more than fifty *New York Times* and *USA Today*

bestsellers, earning two AudioFile Earphones Awards. She has a BA in English language and literature from Grand Valley State University and an MFA in creative writing from the University of Southern Maine. She lives in Grand Rapids, Michigan, with her children.

**Adam Verner** is a stage, film, television, and voice actor. He holds a BS in theater arts from Bradley University and an MFA from Chicago College of the Performing Arts at Roosevelt University.

**Brett Barry** graduated from Syracuse University's television, radio & film program and worked as an associate documentary producer for several years before moving into a career in voice-overs. In 2002, he signed with a voice-over agent in New York and began working in this field full-time.

Brett's training includes improvisational acting at Manhattan's HB Studio, study of the Linklater voice techniques, and private coaching with some of the industry's top voice performers. His voice can be heard on over 100 audiobooks. He and his wife Rebecca live in New York and run Silver Hollow Audio, an independent audio production studio.

## Users Review

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#### **Helga Lever:**

Do you have favorite book? In case you have, what is your favorite's book? Guide is very important thing for us to be aware of everything in the world. Each book has different aim or goal; it means that guide has different type. Some people truly feel enjoy to spend their time and energy to read a book. They are really reading whatever they consider because their hobby is definitely reading a book. How about the person who don't like reading a book? Sometime, man feel need book if they found difficult problem or exercise. Well, probably you will want this Whole Detox: A 21-Day Personalized Program to Break Through Barriers in Every Area of Your Life.

#### **Sherrie Shannon:**

The book untitled Whole Detox: A 21-Day Personalized Program to Break Through Barriers in Every Area of Your Life is the book that recommended to you to see. You can see the quality of the book content that will be shown to anyone. The language that author use to explained their way of doing something is easily to understand. The author was did a lot of research when write the book, so the information that they share for your requirements is absolutely accurate. You also can get the e-book of Whole Detox: A 21-Day Personalized Program to Break Through Barriers in Every Area of Your Life from the publisher to make you more enjoy free time.

**Frank Tye:**

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**David Myers:**

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