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Essential Guide To Healing
**Quantum Wellness
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Essential Guide To
Healing Your Mind
Body And Spirit By
Freston Kathy**

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instant bestseller and a national trend.
During her 21-day cleanse, Oprah's daily
blog provided updates on her progress,

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Kathy Freston's appearance on The Oprah Winfrey Show prompted Oprah to commit to the "21-day cleanse" featured in Quantum Wellness, creating an

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Oprah Winfrey Show prompted Oprah to commit to the "21-day cleanse" featured in Quantum Wellness, creating an instant bestseller and a national trend. During her 21-day cleanse, Oprah's daily blog provided updates on her progress, intriguing millions of readers and creating a media frenzy. Now, with The Quantum Wellness Cleanse, Kathy Frest.

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Freston gives readers the tools they
need to fully harness the 21-day cleanse
and stay motivated.

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Carmelized Onions, Cabbage and

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Walnuts. Day 1 of my 21 day cleanse!
Over the weekend I prepped my pantry
and refrigerator with lots of fun
ingredients to get me started.

Quantum Wellness: 21 Day Cleanse

Kathy Freston, author of the “Veganist”
and the “Quantum Wellness” series,
recommends a 21-day vegan cleanse to

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jump-start “a quantum shift to a higher state of wellness.” Aside from abstaining from animal products, you also must avoid foods and drinks containing sugar, caffeine, alcohol and gluten.

21-Day Vegan Diet | Our Everyday Life

Oprah's Blog In her book Quantum

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Wellness, best-selling author and spiritual counselor Kathy Freston suggests trying a 21-day cleanse as a way to jump-start an inner makeover. Oprah has decided to give it a try! The plan is to eliminate caffeine, sugar, alcohol, gluten and animal products from your diet for up to 21 days.

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The 21-Day Cleanse: Oprah's Blog 1

The Quantum Wellness 21-Day Cleanse is nothing like those punishing fasts I tried. It is extremely simple and nutritionally sound. In fact, it is more a healthy way of living than it is a harsh or difficult discipline. It's about choosing foods that don't tax the body and make it work so hard; it's about taking a break

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but not about starving.

Your Mind Body And Spirit By
**Kathy Freston on Her 'Quantum
Wellness Cleanse' - ABC News**

The 21-Day cleanse, which has been
made even more famous since Oprah
Winfrey's taking the challenge to do it, is
a clean-eating and vegan 3-week plan to
detox and overhaul your physical,

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**Oprah 21 Day Cleanse Diet Review |
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The ultimate guide to complete well-being, Quantum Wellness is an instructive book on how to reach the

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highest level of health and contentment through small, focused changes. Start Cleansing! Every individual has different needs, as dictated by your past medical history and medications, so it's important not to begin this or any significant ...

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Reflections on an (almost) 21 day
cleanser (The Quantum Wellness
Cleanse) ... Yesterday, Joe and I decided
to end our cleanse three days before the
21 day mark. We hadn't planned on

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ending our cleanse early, but I figured I should share with you what led us to our decision to quit our cleanse.

Reflections on an (almost) 21 day cleanse (The Quantum ...

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Super Cleanse is specially formulated to promote deep internal cleansing. This proprietary blend of ingredients is designed to nourish, stimulate, and cleanse the lower intestinal tract to support the body's natural detoxification process.

Super Cleanse: Detoxify, Cleanse,

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Rebuild - Nature's Secret

I ended up buying Freston's book
Quantum Wellness Cleanse: The 21-Day
Essential Guide to Healing Your Mind,
Body and Spirit which is the companion
to her first book and details the cleanse
day by day so I could have some
guidance on the particulars. People keep
asking me why I'm doing this. First,

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because I want to see if I feel better.

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21 Day Cleanse Diet — Former Chef
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tricks, tips, and useful nuggets of
information!

Home - Kathy Freston

Description : Kathy Freston's appearance

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"One week you eat vegan, another week
you eat raw and then you juice,"

explained Peete of the Kathy Freston

"Quantum Wellness Cleanse," of which
Oprah Winfrey is also a fan. "It really
does work ...

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From the numbered juice bottles of the
Blueprint cleanse and the cucumber
soup in Organic Avenue to the vitamin-
packed pink lemonade that made David
Kirsch a wellness guru to the stars, we
bring ...

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