



# Eating Clean: The 21-Day Plan to Detox, Fight Inflammation, and Reset Your Body

*Amie Valpone*

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# Eating Clean: The 21-Day Plan to Detox, Fight Inflammation, and Reset Your Body

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**Eating Clean: The 21-Day Plan to Detox, Fight Inflammation, and Reset Your Body** Amie Valpone  
**The essential guide to fight inflammation, heal your gut, and reset your body with detox and clean eating**

After suffering for a decade from a range of ailments like Lyme Disease, Hypothyroidism, and Leaky Gut Syndrome, Amie Valpone, creator of TheHealthyApple.com, healed herself through clean eating and detoxing. In *Eating Clean*, Amie provides guidance on how to fight inflammation and reset your body, including a 21-Day Elimination Diet, instructions for food reintroduction, a 2-week meal plan, and an extensive pantry list. The book has over 200 recipes that are vegetarian and free of gluten, dairy, soy, corn, eggs, and refined sugar to keep tummies healthy *and* satisfied—such as Velvety Pear and Fennel Soup, Carrot “Fettuccine” with Sun-Dried Tomatoes and Pumpkin Seeds, and Vanilla Bean Coconut Ice Cream. With this book, readers are able to get the support they need on their path toward wellness.

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#### **Damian Woodward:**

The book untitled Eating Clean: The 21-Day Plan to Detox, Fight Inflammation, and Reset Your Body contain a lot of information on this. The writer explains her idea with easy approach. The language is very easy to understand all the people, so do not really worry, you can easy to read the item. The book was published by famous author. The author provides you in the new era of literary works. It is easy to read this book because you can continue reading your smart phone, or gadget, so you can read the book within anywhere and anytime. In a situation you wish to purchase the e-book, you can open their official web-site as well as order it. Have a nice examine.

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