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

~~Quantum Wellness Cleanse: The 21-Day Essential Guide to~~

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fully harness the 21-day cleanse and stay motivated. This easy-to-follow guide lays out a comprehensive plan to turn our lives around in each of the areas of body, mind, and spirit.

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Unlike some super strict cleaning plans, Quantum wellness Cleanse: The 21-Day Essential Guide to Healing Your Mind, Body & Spirit, by Kathy Freston, is doable and tasty. (I'm on day 4, and am enjoying the program.) Essentially, the cleanse means 21 days without caffeine, sugar, gluten, animal products, and alcohol. it is an all plant based diet.

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# Download Free Quantum Wellness Cleanse The 21 Day Essential Guide To Healing Your Mind Body And Spirit By Freston

Kathy Freston, *The Quantum Wellness Cleanse: The 21-Day Essential Guide to Healing Your Body, Mind, and Spirit* (Weinstein Books, 2009) You've heard all this before, though not necessarily in the same place. Go vegan. Give up alcohol. Give up caffeine. Etc. And you will be a better person.

## ~~Quantum Wellness Cleanse: The 21-Day Essential Guide to~~

Kathy Freston's appearance on The 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

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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 Freston gives readers the tools they need to fully harness the 21-day cleanse and stay motivated. This easy-to-follow guide lays out a comprehensive plan to turn our lives around in each of the areas of body, mind, and spirit.

~~The Quantum Wellness Cleanse : The 21 Day Essential  
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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, mental and spiritual self. It's not nearly as stringent as the Master Cleanse or other liquid fasts.

~~Oprah 21 Day Cleanse Diet Review | Quantum Wellness ...~~  
Oprah's Blog In her book *Quantum 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 but not about starving.

~~Kathy Freston on Her 'Quantum Wellness Cleanse' - ABC News~~

Kathy Freston, author of the *“Veganist”* and the *“Quantum Wellness”* series, recommends a 21-day vegan cleanse to jump-start *“a quantum shift to a higher state of wellness.”* Aside from abstaining from animal products, you also must

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avoid foods and drinks containing sugar, caffeine, alcohol and gluten.

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~~21-Day Vegan Diet | Our Everyday Life~~

Quantum Wellness: A Practical and Spiritual Guide to Health and Happiness is a program created by the New York Times bestselling author, Kathy Freston. Freston has appeared on the Oprah show and Oprah followed the 21-day detox diet that is featured in the book.

~~Quantum Wellness: 21-Day Detox - Free dieting~~

Holy granoli, bitches! I completed the 21-day Quantum Wellness Cleanse! Wow, this feels pretty effing good. I had only a couple slip-ups (like this one and this one), but they

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were small and completely unintentional so I ain't mad at myself. As Kathy Freston says, it's progress, not perfection.

~~Quantum Cleanse Day 21: I DID IT!!! - My Quantum Cleanse~~

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Reflections on an (almost) 21 day cleanse (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 ending our cleanse early, but I figured I should share with you what led us to our decision to quit our cleanse.

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Your Mind Body And Spirit By Freston

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KATHY FRESTON'S "Quantum Wellness Cleanse: The  
21-Day Essential Guide to Healing Your Body, Mind and  
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~~Tobyn Britt, Sarma Melngailis - Patrick McMullan~~  
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by Kathy Freston (Author) 4.3 out of 5 stars 72 ratings See all  
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I finished my 21-day Quantum Wellness Cleanse, abstaining from sugar, caffeine, alcohol, meat, dairy and gluten. I lost 6 lbs and lots of bad habits. Vegan Foods Vegan Vegetarian Vegetarian Recipes Cooking Recipes Vegan Meals Paleo Daiya Vegan Cheese Tater Tot Hotdish Tater Tots

~~20 Recipes for Quantum Wellness Cleanse ideas | recipes ...~~

The cleanse is 21 days. Just 3 weeks and, for the first 11 days, I'll be on vacation with a little more control of my time. The cleanse has me getting off of the Big Five all at once, right from the get-go, so this may be difficult. On the other hand, I think I may respond well to the big-changes-all-at-once approach.

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~~21-Day Quantum Wellness Cleanse — Michelle Barber~~

Kathy Freston is the New York Times bestselling author of *The Lean: A Revolutionary (and Simple!) 30-Day Plan for Healthy, Lasting Weight Loss*, *Veganist: Lose Weight, Get Healthy, Change the World*, *The Quantum Wellness Cleanse: The 21 Day Essential Guide to Healing Your Body, Mind, and Spirit*, and *Quantum Wellness: A Practical and Spiritual Guide to Health and Happiness*. Freston has appeared frequently on national television.

~~Kathy Freston — Wikipedia~~

Dr. Mehmet Oz talks with Kathy Freston, author of "Quantum Wellness Cleanse", about tips and tricks from her 21-day cleanse.

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