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Max Tomlinson

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Max Tomlinson : Clean Up Your Diet: The pure food program to cleanse, energize and revitalize before purchasing it in order to gage whether or not it would be worth my time, and all praised Clean Up Your Diet: The pure food program to cleanse, energize and revitalize:

1 of 1 people found the following review helpful. Still not a simple as I would have hoped.By Sandy C.If I could I would give it 2 1/2 stars. Just wasn't for me. I suppose if you're a person that like to follow a book exactly. it's great! However, I'm a person like most that has zero extra time. So, by the reviews I was hoping that this was a book that direct me quickly to Eating Clean. I'm looking for a book that has realistic weekly menus, shopping list, and THEN information. I just wanted to get started, Not have to take a home study course, before I can implement. As much as I did read though. It does seam to be a simplistic (in a good way) read.7 of 7 people found the following review helpful. Inspiring detox plansBy Adelethis is one of the 'friendliest' most practical versions of a detox plan i've come across. the recipes taste great and are actually interesting, plus there's enough variety you don't get bored. there are three different plans you can use alone or combine, for instance digestion, energy-boost - depending on what your needs are.the food includes interesting ingredients like pomegranite and guava. one of my faves is ginger organic chicken on skewers with quinoa tabbouleh. some meat like organic chicken and tuna is allowed, plus beans and certain grains, as well as the usual fruit and veg overload. heaps of drinks/teas/smoothies options too. you won't get bored with this food!there's information on how detoxes can help, thoughts on the modern processed diet plus a whole section at the back on recipes tailored to individual health complaints. all in all, this is the first detox book that's inspired me to

actually go ahead and do one and not give up out of boredom or frustration!4 of 4 people found the following review helpful. yummyBy Jamie AskewAfter several years of progressively problematic digestion, I finally started seeing a nutritionist. She gave me this book at our second session and it's been a lifesaver. It's really easy to follow and fun to read and not at all daunting. With small simple changes I've already noticed a big improvement in my digestion. The ailment guide is great and made me realise how much control I have over the way I feel, just by the foods I choose to eat. If it were just a textbook I wouldn't figure out how to incorporate any of the information into my life, but there are charts and guides and delicious recipes that give you a springboard into real life. Highly recommended!

232 pages.