



ROBIN WESTEN

The Yoga-Body Cleanse: A 7-Day Ayurvedic Detox to Rejuvenate Your Body and Calm Your Mind

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ENHANCE YOUR PRACTICE

Yoga brings us into balance by opening the heart, clearing the mind and increasing flexibility while strengthening muscles, bones and internal organs. These amazing benefits are boosted to the max in *The Yoga-Body Cleanse*, which uses traditional Ayurvedic principles to rid your body of toxins and leave you fully rejuvenated. The simple day-by-day program in this book offers a complete diet of smart, delicious foods with super-healing powers that strengthen you instead of leaving you hungry.

By following this holistic program you will:

- **Feel Energized**
- **Flush Contaminants**
- **Lose 5 to 8 Pounds**
- **Relieve Stress**
- **Look Younger**
- **Increase Mental Clarity**

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From Reader Review *The Yoga-Body Cleanse: A 7-Day Ayurvedic Detox to Rejuvenate Your Body and Calm Your Mind* for online ebook

Kerry says

I liked this book more than I expected to. I have some experience with ayurveda and yoga, but I can imagine that if you don't, you'd find that you need more depth.

Nancy says

I received this book through a Goodreads giveaway. I found it interesting, with some new information, among information I gathered over the years from yoga and reading. I am not yet ready to commit to a 7-day detox or even the 3 day, but I will keep this book as a reference for when I am ready.

Kaye says

Basic info, not bad. Disappointing in that hardly any asana, pranyama or meditation were addressed. The focus was on food and relaxing in a tub.

Emily Crow says

This book wasn't terrible, and if you want a bare-bones "detox" and don't have any other books on the topic, it may be what you are looking for. For me, since I already own quite a few titles on this topic, and this one didn't provide anything "extra," I was rather annoyed with myself for buying it. Also, the yoga poses are minimal, and there are no illustrations, so the very visual-minded reader might have trouble with them (as I would, if I didn't already know the poses).

Titles I would recommend instead:

The Complete Idiots Guide to Detoxing Your Body by Delia Quigley (general detox)

The Core Balance Diet by Marcelle Pick (detox with a functional-medicine perspective)

Yogalosophy: 28 Days to the Ultimate Mind-Body Makeover by Mandy Ingber (yoga, affirmations and clean eating)

Ayurveda by Anna Selby (Ayurveda--simplified but still fun and useful)

Ayurveda: A Life in Balance by Maya Tiwari (Ayurveda--not simplified, heavy going at times, but really worth it!)

It's All Good by Gwyneth Paltrow (recipes suitable for detoxing--some ingredients are pricey, but I have substituted more affordable ones with great results)

Angie says

Solid plan. Now I have to plan to live without wine for a week!

Mie says

Lots of tips for pampering yourself. Kitchari, Indian detox dish sounds so yummy. I will try to make it soon!

Maxine says

I've read it, now I need to do it!

Susie Steadman says

not a bad read or plan. I am bothered by bad editing though, and this book has dropped many prepositions.
