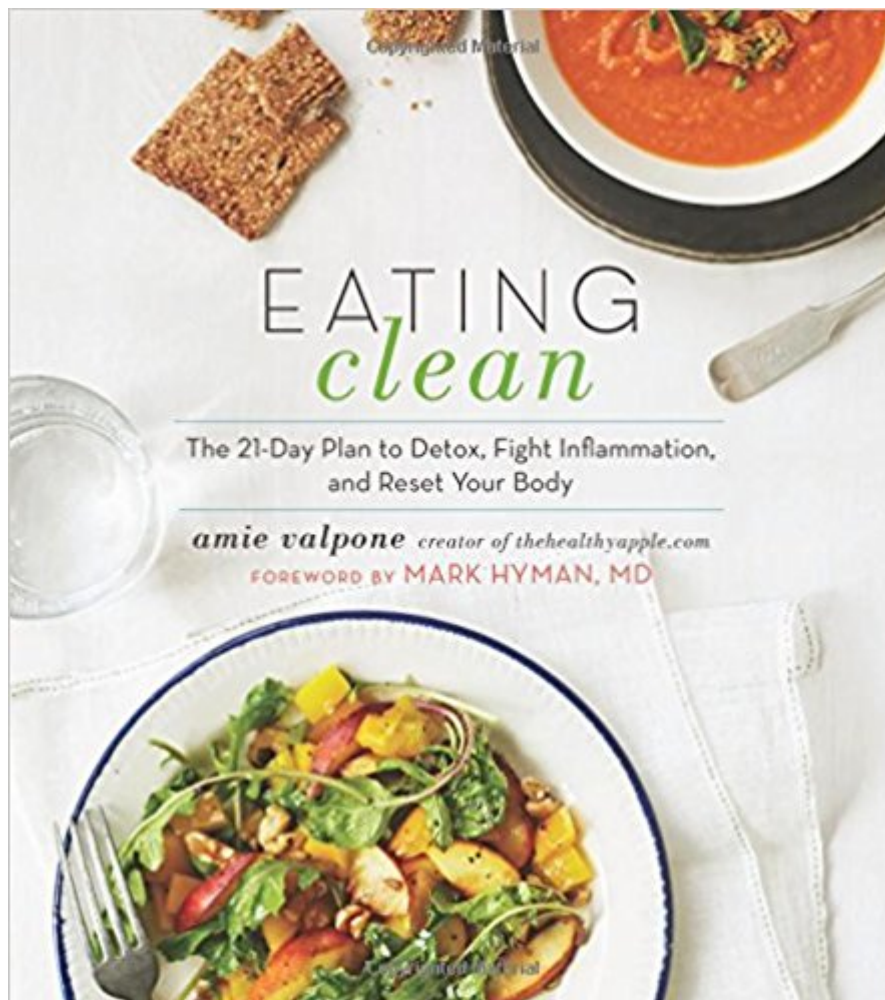




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# Eating Clean: The 21-Day Plan To Detox, Fight Inflammation, And Reset Your Body



## Synopsis

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.

## Book Information

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## Customer Reviews

Magical Peach Arugula Salad from *Eating Clean* Serves 6 to 8 Here's a dish that provides a big payoff for very little effort. It takes about five minutes to throw this salad together, and the combination of peppers, peaches, and arugula is simply beautiful. Serve it in a wide bowl to show off its good looks. **Directions** In a large bowl, combine the arugula, peaches, bell peppers, and walnuts. In a small bowl, whisk together the oil, vinegar, lemon juice, lemon zest, salt, and pepper. Drizzle the dressing over the arugula mixture, toss, and serve. **Ingredients** 10 cups arugula 5 medium ripe peaches, pitted and diced 2 yellow or orange bell peppers, diced

1 ½ cup finely chopped raw walnuts    2 tablespoons extra-virgin olive oil    2 tablespoons balsamic vinegar    1 tablespoon freshly squeezed lemon juice    1 ½ teaspoon freshly grated lemon zest    1 ½ teaspoon sea salt    1 ½ teaspoon freshly ground black pepper

Amie approaches detoxification and optimal health from a genuine place. She has struggled with toxicity and many of its health-robbing ramifications. Along the way, she's developed a road map she shares in this groundbreaking book that can also help you heal your health, your weight, and your life.

—from the Foreword by MARK HYMAN, MD, nine-time #1 New York Times best-selling author

I admire and respect Amie's healthy approach to clean eating and love the recipes and photography in this book! A huge help for people who want to live a healthier lifestyle, but don't know where to start.

—GINA HOMOLKA, creator of [Skinnytaste.com](http://Skinnytaste.com) and New York Times best-selling author of *The Skinnytaste Cookbook*

Eating Clean is filled with delicious anti-inflammatory recipes and practical solutions to help reset your body and reclaim your health. Amie has the courage to share her authentic journey from chronic illness to vitality: She's an inspiration. Her contagious enthusiasm, passion, and glowing energy come through on every page. This book is a must-have in your anti-inflammatory kitchen.

—FRANK LIPMAN, MD, New York Times best-selling author of *The New Health Rules*

In *Eating Clean*, Amie Valpone nails the simple truth that food is at the heart of our well-being. As someone, much like Amie, who has struggled with conventional treatment of an auto-immune disease, I can attest to the healing power of food. In this age of overly processed food, excessive prescription medication, and so-called quick fixes, it's so wonderful to hear Amie's courageous voice inspiring us to return to a cleaner, more natural way of taking control of our health!

—SEAMUS MULLEN, award-winning chef, restaurateur, cookbook author, and wellness advocate

Everything is changing when it comes to the health of our families. The escalating rates of food allergies, asthma, autism, diabetes, obesity, and cancer are changing how we view food. *Eating Clean* is a cookbook for a healthy life! With resources, tools, and a strong and gentle hand, it is a valuable resource for those on the road to recovery.

—ROBYN O'BRIEN, analyst, mother, and author of *The Unhealthy Truth*

Persevering through a battery of physicians and restructuring her food intake totally, Valpone achieved complete relief from chronic illness that had dogged and debilitated her for years. Causes of her poor health appeared to center on systemic accumulation of heavy metals and Lyme disease, among other disorders. To blaze a trail back to good health, Valpone successfully cleansed her body of toxins and jettisoned dairy products and gluten. She also rejected processed foods and anything pulled from a can. This sort of diet demands home cooking

for virtually every meal. In the process, Valpone became expert at finding foods that met her requirements for both good health and satisfying flavors. She sought out obscure, nonstandard ingredients that promised anti-inflammatory benefits. The hundreds of recipes she advances may repudiate whole classes of edibles, but she is meticulous to keep her cooking flavorful and appealing by including many carefully sourced nuts, seeds, oils, fruits and vegetables."

â "Booklist "While most Western doctors doctors treat symptons, Amie Valpone believes that many diseases can be cured simply altering your diet and eliminating toxins from your environs." â "Marie Claire

AMIE VALPONE, HHC, AADP, founder of TheHealthyApple.com, healed herself from a decade of chronic illness. Amie cooks for a variety of clients including celebrities, using organic, anti-inflammatory foods to create recipes and meal plans. Mark Hyman, MD, is the Director of the Cleveland Clinic Center for Functional Medicine, the chairman of the Institute for Functional Medicine, and founder and medical director of The UltraWellness Center. He is the #1 New York Times bestselling author of The Blood Sugar Solution 10-Day Detox Diet, The Blood Sugar Solution, The Blood Sugar Solution Cookbook, Ultrametabolism, The Ultramind Solution, The Ultrasimple Diet, and coauthor of The Daniel Plan and Ultraprevention.

I was really excited to receive this book as I have had many health struggles similar to those of the author. I have chronic fatigue and barely have enough energy to do dishes most days, so I purchased the book under the impression that the recipes would be simple and easy to prepare. I was already alcohol-free, gluten-free, dairy-free, caffeine-free, and sugar-free on my wellness journey, so I knew I wouldn't be in for the shock that some of the one-star reviewers were. In the very beginning she tells her success story and assures you that every step in the book is totally doable and enjoyable, so I dove in with high expectations. A direct quote from the book reads, "I don't want you to be overwhelmed." But a few more pages in, s\*\*\* got real. You are completely bombarded with information about what to do to basically replace every single item you own. And, to be fair, most of the stuff wasn't a surprise to me, since I'd already been on a long, slow journey of detoxing and simplifying my life, but it got to be exhausting and depressing everytime I turned the page and I felt bad for people who would be surprised by all this bad news. There wasn't a single recipe in the book that I considered to be easy. And, again, I already had many of the weirder ingredients that most people would need to go out and purchase. All the recipes were just unnecessarily complicated and time consuming. I'm sorry, I barely had the energy to shower today,

so no, I will not be making my own coconut "mylk." This book is for people who are already in decent health and just want to fine tune their detox, not for someone with serious health problems looking for a solution. What sealed the two star deal for me was when she actually suggests bringing your own food to a restaurant and having them bring it out on their plates so that you can still have a social life. No. Just, no. All my friends know that when we go out I eat weird things or not at all, and it's all good, but I am not even close to being douchey enough to ask the wait staff to have the kitchen cook my own food for me that I dragged in off the street. Hell, I'd be grossed out if I witnessed a restaurant do that for someone. Isn't that some kind of health code violation? I don't know where that s\*\*\*'s been, so do not bring that back into the kitchen! Neither doable nor enjoyable. "Whether you work full time, have a family of six, have been diagnosed with an autoimmune disease or other illness or just want to clean up your diet, this section is going to blow your mind." I neither work full time, nor do I have any children and I found this plan impossibly time consuming. I can't even fathom how how a working mother or father would have the time and energy to follow this book, so yes, it did blow my mind. To be clear, there is a wealth of useful information about detoxification in this book (which is why I gave it two stars instead of one), but it was a ridiculously overwhelming amount wrapped up in an awkward sized book with print that was too small. Now that I have it I will reference it from time to time and keep it around for the day when I'm hopefully well enough to "just want to clean up my diet," but the info is nothing that I haven't already found on the blogosphere for free. Save your money.\*\*\*Edit as of Aug. 2017\*\*\*I decided this book was a gateway drug for orthorexia and I never did reference it again. A few months ago I got rid of it.

Here's why I adore this book: 1) it's very vegan friendly! I'm a mom with a toddler and infant and over stressed husband with GI issues (colostomy at 34 years old!) my meatless lifestyle choice came more from animal rights and opposition to factory farming. (Which my husband thinks is ridiculous btw!) This book gives a boatload of plant based recipes without the word "vegan" which I think can seem threatening for some meateaters. 2) comes at a time of desperation for us with hubbies health issues - he found this book through her blog the Healthy Apple after we made the millet burgers and he said "I could eat this all the time" which he says about almost every recipe! He never would go near sundried tomatoes and he dies for a salsa we make from her pasta sauce recipe. 3) I have never gelled well with the kitchen- For some weird reason I'm feeling lighter on my feet in there, willing to try things, alter things, experiement with her recipes- it's actually kind of fun...? 4) my toddler- who practically bleeeds cheese - actually ate three of her recipes so far

(raspberry basil coconut ice pops, quinoa lime coconut, cashew nut spread) , sound the alarms! We're thrilled. I'm proud of my husband. Maybe we are just enjoying fresh flavors. What joy this has been, these past few weeks, watching the person you love turn a corner and start to take back control of his own health. There is nothing more lovely, so for whatever reason this book came into our lives I consider it a dear gift.

Love this book! Super helpful for those of us struggling to get answers from our doctors and wanting to explore alternative routes. Amie is also such an incredibly nice person when you reach out to her via Instagram. Love her story and this book!

By far one of the best cook books and health books! Amie is the real deal. She has been through some challenging health issues and has done all the leg work to heal herself and come out on the other side. She's gone through the lows and never lost hope. She is real, authentic, so knowledgeable and so passionate about helping others get their life back! To me this is a must in everyone's home! This is a book that heals! Thank you Amie!!

This book is the perfect book for people battling chronic illnesses. It's easy to relate to Amie, as she gives us an in-depth look of her story, and what she's been through. After this she is able to, in an orderly fashion, lay out ways to get back your health and divinity. Her methods for detoxing are simple, and her research backed analysis of foods gives you a better idea of what certain foods do to your body. To cap it off, the back of the book is filled with easy to follow recipes that you can try at home. I had a very good experience reading this book, and will use it as a guide in my life going forward.

When I was diagnosed as needing a very restrictive diet, this was a godsend. I didn't need to be vegan and there were some sweeteners I couldn't have, but this gave me the pleasure and challenge of coming up with a new repertoire of healthy meals. I overcame some of the restrictions but still enjoy many of these recipes.

I love this book! The recipes, photos and reference guides are amazing. The author's story is touching and inspirational. Her enthusiasm for food and healthy living shines through. Everyone would benefit from reading this gem.

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