



Soak Your Nuts: Cleansing With Karyn: Detox Secrets for Inner Healing and Outer Beauty

By Karyn Calabrese



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A student of Dr. Ann Wigmore and Viktoras Kulvinskis, Karyn Calabrese used raw food and detoxification to heal herself from illness, fatigue, and allergies. Soak Your Nuts: Cleansing with Karyn, features her Nature's Healing System, a 28-day program that has helped thousands of her students overcome weight issues, skin problems, fibromyalgia, insulin dependence, insomnia, sinusitis, and countless other health problems. The program is designed to counter the effects of exposure to chemicals, other environmental pollutants, and stress; restore the body's balance; and revive its ability to rejuvenate naturally. Instead of dieting and counting calories, readers will learn how to use a raw natural diet, juicing, fasting, and internal cleansing to gain a new awareness of total body health. As a result, they will be equipped with the tools to make intelligent, responsible, health-promoting diet and lifestyle choices. Karyn's sense of humor and messages of self-love and acceptance make this program a truly holistic journey.

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- Sales Rank: #69310 in Books
- Brand: Book Publishing Co.
- Published on: 2011-01-31
- Original language: English
- Number of items: 1
- Dimensions: 8.80" h x .60" w x 8.00" l, .66 pounds
- Binding: Paperback
- 144 pages

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Editorial Review

About the Author

Karyn Calabrese is a highly sought after holistic health expert and successful entrepreneur who runs a thriving vegan wellness company in Chicago. At 64 years old, Karyn looks nearly a generation younger without the help of surgery or botox and enjoys boundless energy and enthusiasm. She has been a fixture in local and national media including two appearances on The Oprah Winfrey Show that focused on aging well. In 1995, Karyn opened Karyn's Fresh Corner, only the second raw foods restaurant in the country where she taught classes and saw clients. She also opened a nearby holistic spa, Karyn's Inner Beauty Center, because she believes eating healthy foods is just as important as cleansing the body of toxicity from negative foods, environmental and chemical pollution. The Center is a healing day spa with 12 unique holistic therapies designed to address all aspects of well-being, focusing on maintaining health while encouraging disease prevention. In October of 2002, Karyn merged both locations into one 7,500 square foot destination. Karyn developed a line of high quality food, products, supplements and a skincare/makeup line that is available in the store and for shipping around the world. In 2005, Karyn opened a new restaurant, Karyn's Cooked, for people looking for a bridge from a standard American diet to the more hard-core approach of raw foods. Due to the popularity of Karyn's Cooked, Karyn opened her newest restaurant, Karyn's on Green in January of 2010. Karyn's on Green is a more upscale approach to vegan dining with reinterpreted versions of classic American cuisine and cocktails. Karyn has created a thriving business out of teaching people to take care of their bodies using natural foods and detoxification. Karyn was awarded the First Annual Raw and Living Foods Golden Branch Award in 2002 for introducing the idea of raw and living foods to the greatest number of people in the mainstream public. The Karyn's brand including her restaurants, Inner Beauty Center, supplements and skincare/makeup line has endured major success and continues to thrive. As big as her business has grown, Karyn still finds the most fulfillment in teaching her monthly free information sessions and bi-monthly detox programs that expose hundreds of new people to the food and practices that have given her so much health and happiness.

Users Review

From reader reviews:

Crystal McMullen:

Playing with family within a park, coming to see the coastal world or hanging out with good friends is thing that usually you could have done when you have spare time, and then why you don't try point that really opposite from that. 1 activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love Soak Your Nuts: Cleansing With Karyn: Detox Secrets for Inner Healing and Outer Beauty, you may enjoy both. It is fine combination right, you still would like to miss it? What kind of hangout type is it? Oh come on its mind hangout men. What? Still don't buy it, oh come on its identified as reading friends.

Willie Wilson:

Soak Your Nuts: Cleansing With Karyn: Detox Secrets for Inner Healing and Outer Beauty can be one of your starter books that are good idea. All of us recommend that straight away because this publication has

good vocabulary that will increase your knowledge in vocabulary, easy to understand, bit entertaining but delivering the information. The copy writer giving his/her effort to set every word into satisfaction arrangement in writing Soak Your Nuts: Cleansing With Karyn: Detox Secrets for Inner Healing and Outer Beauty yet doesn't forget the main level, giving the reader the hottest and also based confirm resource information that maybe you can be one of it. This great information could drawn you into brand new stage of crucial contemplating.

James Donofrio:

Reading a book to become new life style in this 12 months; every people loves to study a book. When you learn a book you can get a wide range of benefit. When you read ebooks, you can improve your knowledge, because book has a lot of information upon it. The information that you will get depend on what forms of book that you have read. If you would like get information about your review, you can read education books, but if you want to entertain yourself look for a fiction books, this sort of us novel, comics, and soon. The Soak Your Nuts: Cleansing With Karyn: Detox Secrets for Inner Healing and Outer Beauty will give you new experience in looking at a book.

Robert Lindsey:

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