



Clean, Green, and Lean: Get Rid of the Toxins That Make You Fat

By Walter Crinnion

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Clean, Green, and Lean: Get Rid of the Toxins That Make You Fat By Walter Crinnion

A renowned naturopathic doctor shows you how to get lean *and* be green while helping to save the planet.

Now you can lose weight and be good to the environment, too—without starvation diets, calorie counting, complicated meal plans, or even having to exercise. Dr. Walter Crinnion, a naturopathic doctor and environmental medicine physician, shows you how to clean up your diet and clear out your body and home to eliminate unwanted pounds and toxins from your life. You'll be able to get rid of nagging health problems such as allergies and fatigue and enjoy greater energy and a greener planet. *Clean, Green, and Lean*:

- Shares an effective program to shed pounds and stay healthy by getting rid of toxins in your body and your life in just four weeks
- Combines losing weight with being good to the environment
- Can help reduce aches and pains, depression, and other health problems
- Is written by one of the country's foremost authorities on environmental medicine who has appeared on *The View* and other programs

If you're serious about losing weight and safeguarding your health, follow the expert advice of Dr. Crinnion and start getting clean, green, and lean today.

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Editorial Review

From the Inside Flap

Want to lose weight without starving yourself, counting calories, or following a complex meal plan? Would you like to look and feel stronger and healthier than you have in years—exercise optional? How about transforming your health in just four weeks and helping to save the planet in the process? Find out how by reading *Clean, Green, and Lean*.

In this clear, easy-to-understand guide to getting slim, healthy, and toxin-free, naturopathic physician Dr. Walter Crinnion shows you how to clean up your diet, clean out your body, and rid your home of the toxins that surround you. Many of your nagging health problems will melt away with the pounds, including fatigue, aches and pains, allergies, and depression.

Clean, Green, and Lean shows you why conventional weight-loss programs don't deliver or can't sustain the results you're looking for and how the toxin-fat connection prevents you from losing weight no matter how little you eat or how much you exercise. You'll learn how reducing your toxic burden can help you stay lean for life. Dr. Crinnion helps you determine whether your weight gain is toxin-related and prescribes several cleansing methods and toxin-fighting supplements to rid your body of heavy metals and other poisons. Could it be your house that's making you fat? Dr. Crinnion helps you identify sources of toxic chemicals, allergens, and poisons in your home where you might least expect them. You'll learn how to remove and dispose of them safely, keep new toxins out, and make your home as clean and green as it can be.

Clean, Green, and Lean contains healthy, delicious, clean, green recipes and two weeks of meal plans for lean breakfasts, lunches, and dinners. These nutritious and satisfying meals will keep your stomach full, your body toxin-free, and your body and mind working at peak efficiency.

Filled with inspiring, true-life stories of people who have lost weight, healed their bodies, and turned their lives around following Dr. Crinnion's four-week plan, *Clean, Green, and Lean* is the groundbreaking book you need to slim down, clean up, and start enjoying life again.

From the Back Cover

"Over the years, I've seen Dr. Walter Crinnion literally give patients back their own lives, often as the happy ending to an otherwise sorry tale of missed diagnoses, therapeutic dead ends, and thousands of wasted dollars. It is my great honor and pleasure to introduce you to his first book."

—**From the Foreword by Dr. Peter J. D'Adamo, author of *Eat Right 4 Your Type***

"*Clean, Green, and Lean* is a revolutionary new approach to dieting: you can lose weight and help the world get and stay green at the same time. That's a great promise."

—**Fred Pescatore, MD, author of *The Hamptons Diet***

Groundbreaking science can help you win the battle against fat for good

You've been eating less, counting calories, and exercising like crazy—shouldn't you be skinny by now? If you're not, diet and exercise may not be the weight-loss answer you need. In *Clean, Green, and Lean*, you'll find out how the toxins in your food and all over your house can make you fat and keep you that way. This book clearly shows you how to clean out your system and your home to lose weight and feel great in just four weeks.

About the Author

Dr. Walter Crinnion is one of America's foremost authorities on environmental medicine. A naturopathic physician, he is the director of the Environmental Medicine Center of Excellence at the Southwest College of Naturopathic Medicine in Arizona and chair of the Environmental Medicine Department. He is a close colleague of Dr. Peter D'Adamo, author of the monumental bestseller *Eat Right 4 Your Type*.

Users Review

From reader reviews:

Jack Young:

What do you with regards to book? It is not important along? Or just adding material when you require something to explain what your own problem? How about your spare time? Or are you busy man? If you don't have spare time to accomplish others business, it is make one feel bored faster. And you have free time? What did you do? All people has many questions above. They must answer that question since just their can do which. It said that about guide. Book is familiar in each person. Yes, it is correct. Because start from on kindergarten until university need this Clean, Green, and Lean: Get Rid of the Toxins That Make You Fat to read.

Penny Laughlin:

Reading a book tends to be new life style on this era globalization. With reading you can get a lot of information that will give you benefit in your life. Using book everyone in this world can certainly share their idea. Guides can also inspire a lot of people. Lots of author can inspire their very own reader with their story or their experience. Not only the story that share in the publications. But also they write about the ability about something that you need case in point. How to get the good score toefl, or how to teach your children, there are many kinds of book which exist now. The authors on earth always try to improve their skill in writing, they also doing some analysis before they write for their book. One of them is this Clean, Green, and Lean: Get Rid of the Toxins That Make You Fat.

Rene Hudson:

The book untitled Clean, Green, and Lean: Get Rid of the Toxins That Make You Fat contain a lot of information on the idea. The writer explains the woman idea with easy means. The language is very easy to understand all the people, so do not really worry, you can easy to read this. The book was authored by famous author. The author will bring you in the new era of literary works. You can actually read this book because you can read on your smart phone, or gadget, so you can read the book in anywhere and anytime. If you want to buy the e-book, you can available their official web-site in addition to order it. Have a nice learn.

Jean McCallum:

This Clean, Green, and Lean: Get Rid of the Toxins That Make You Fat is completely new way for you who has attention to look for some information because it relief your hunger associated with. Getting deeper you upon it getting knowledge more you know or perhaps you who still having little digest in reading this Clean,

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