



Colorado Cleanse 3.0: 14 Day Detox and Digestive Rejuvenation (Third Edition)

John Douillard

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Yay! The newly revised Colorado Cleanse book is here. We've fully re-envisioned this book to create a full-color, easy-to-follow guide through all the what's, why's, and how's of the Colorado Cleanse. Based on years of facilitating the Colorado Cleanse, the highly anticipated third edition of this book is designed to lead you through the smoothest cleanse experience possible. Check Out These New Features: Clear day-by-day guide Short chapters Simpler protocols Full-color photos 35 pages of recipe inspirations to make the Colorado Cleanse more delicious than ever Updated FAQ's chapter If you have a previous edition of the book, you're probably wondering if you really need to buy another book. We encourage you to try out the third edition because we trust that you'll be blown away by how much easier it is to follow. If you choose to follow a previous edition, no problem! Just be aware that information on this website will henceforth reference the page numbers for the new book, and that certain protocols will have new names. About the Colorado Cleanse The Colorado Cleanse is a 2 week at-home detox and digestive rejuvenation program designed to support blood sugar, digestion, release old patterns of stress, normalize cravings and detoxify fat cells. The Colorado Cleanse can be done while working and leading your regular lifestyle. Now you can do the cleanse that everyone is talking about anytime! With this 160 page book, you will have all the instructions you need to do the deepest, gentlest, and most effective detox possible at home on your own, whenever it works with your schedule. You are given a complete list of all the supplies you will need and options for where to buy them. Suggestions are also given for substitutions that can be made for locally accessible herbs and non-LifeSpa products. In addition, the book is an insightful resource for information on why cleansing is so important and how it actually works, so that you can avoid doing cleanses that might do more harm than good. This book also overviews all of the yoga and breathing exercises that are important for deepening the cleanse, as well as self-inquiry exercises for releasing old emotional patterns. It also includes answers to many frequently asked questions, inspiring testimonials, recipes for cleansing diets, and many other special tips. This is an essential book for anyone planning to do a cleanse!

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