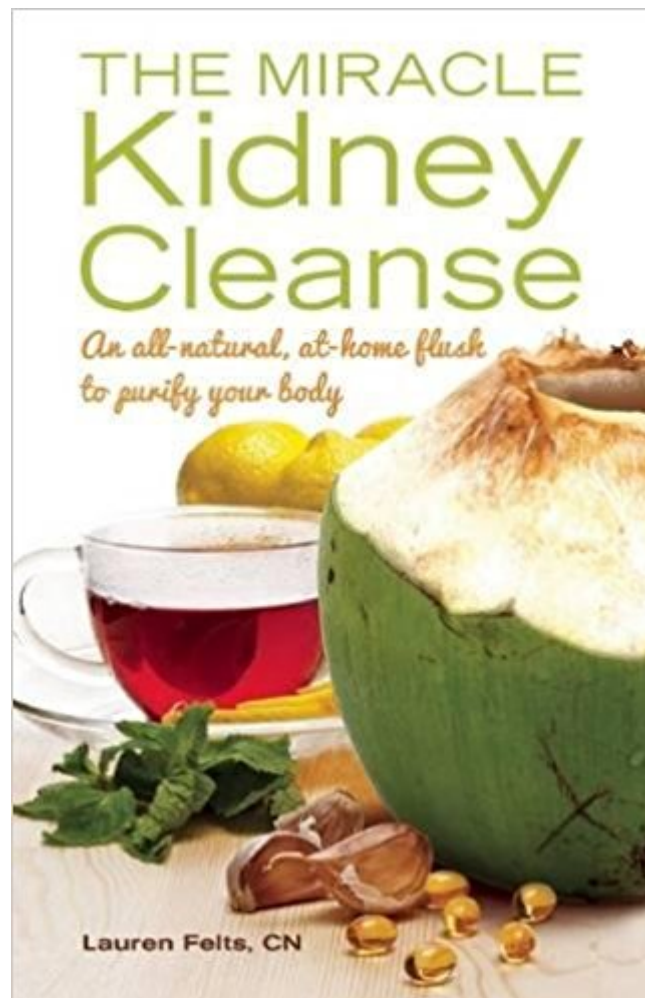




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The Miracle Kidney Cleanse: The All-Natural, At-Home Flush To Purify Your Body



Synopsis

DIY DETOX Kidneys filter the blood to keep you healthy. With this book you can keep your kidneys healthy. The Miracle Kidney Cleanse shows how to flush out toxins and maximize the benefits of the body's natural cleansing system, including:

- Preventing painful kidney stones
- Boosting immune function
- Increasing energy
- Helping ensure fertility
- Improving mood
- Curing low-back kidney pain

The Miracle Kidney Cleanse is the safest and gentlest way to dissolve kidney-congesting salts, minerals, uric acid and proteins. This straightforward plan also details the daily supplements and foods to eat, as well as the foods to avoid, to keep the kidneys functioning smoothly.

Book Information

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Average Customer Review: 4.5 out of 5 stars 46 customer reviews

Best Sellers Rank: #63,144 in Books (See Top 100 in Books) #105 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses

Customer Reviews

Lauren Felts is a certified nutritionist based in Southern California. In addition to her private practice, she manages supplement sales and education for a national manufacturer, contributes editorial content to influential publications, and is a supporter to the launch of a raw culinary school and restaurant. She shares her nutrition knowledge on her website, TheHolyKale.com.

5.0 out of 5 stars This book is absolutely fantastic!! Lauren does a great job of explaining the impact the kidneys have on our overall health and well-being. If the information she provides doesn't make you want to rethink your health habits and give your systemic health a makeover, I don't know what will! It certainly convinced me, I had no idea how critical the kidneys are in controlling so many aspects of our health. I was reading the symptoms associated with poor kidney health that she provides in the book, and I was literally thinking "I have that, I have that, I have that" while reading

them. The symptom that has plagued me for years is face and chest acne. It's been incredibly frustrating not feeling comfortable in my own skin and nothing I've tried has helped, until I did this kidney cleanse and started changing my diet around. This book provides so much information in a very easy-to-digest format and language. My favorite part of the book are all the recipes and grocery lists. I have now become an avid juicer and she provides so many delicious and easy ideas for juices, as well as other foods. This book has also made me a religious dry brusher. This, along with my changed diet and kidney cleansing, has absolutely transformed my skin! There is a reason why this book is the first result that comes up when you google "kidney cleanse book". It is full of great information and her enthusiasm and passion for the subject truly shows itself in her writing.

Lauren Felts is highly educated and knowledgeable when it comes to all things health. I have followed her website, The Holy Kale, for years and it's no surprise that her first book is just as informative and applicable. I appreciate that she speaks in terms that are easy to understand and her recipes and requirements for the cleanse are realistic for anyone. The Miracle Kidney Cleanse answers any questions you may have regarding cleansing in an easy to read, easy to DIY format that I can relate to. Thank you Lauren!

As someone who is not extremely familiar with the ins and outs of health, I always am a little hesitant when it comes to books around cleanses and health remedies. However, when I picked up this book I quickly realized that this book could not be more helpful, informative or well-written! I love how Lauren starts with an intro of why kidney health is vital to overall health (who knew??) and then she goes into some great, easy recipes that even the most novice of cooks can make! I also loved the yoga overview and pictures of the poses - I actually keep the book open when I do my yoga practice and it's extremely easy to follow. She also has some great shopping lists that I've taken to that market. I am so grateful that I found this book - it really has opened my eyes to a whole new viewpoint on health, and has really helped me implement easy, everyday small changes that have resulted in me feeling more healthy and energetic. I can't wait for more of Lauren's books to come out!!!

Amazing book! I don't know where or how to begin to describe how wonderful and thorough this book is! When I ordered it I was expecting it to mainly be focused on how to do a kidney cleanse purely from the diet/nutrition perspective. While Lauren Felts has certainly gone to great lengths to include a wonderful and well thought out diet and nutrition, she also goes into great detail about

everything from the Chinese Medicine perspective on kidneys to including kidney-beneficial yoga exercises. I would highly recommend this book to anyone with kidney issues, but even you don't deal with kidney issues, I think everyone could benefit from following a lot of the wonderful recommendations in this book. I only wish I would have found this a few years ago with the onset of my kidney stones, which I am now facing surgery for. But at least I know moving forward I have a great resource to keep my stones at bay and my kidneys and body healthy!

I cannot say enough about this little book that is changing my life in big ways. I am following the recommendations of the author as closely as I am able and am transforming the health of my kidneys. I am on the mend but see light at the end of the tunnel. Amazing is all I can say.

I've always eaten healthy but just knew the general guidelines- more protein, less carbs, cut fat and calories, more water, etc. This book made me look at my diet and my body differently- I learned so much and it was well written even for someone who isn't a nutritionist. I HIGHLY recommend this for everyone and have already recommended it to most of my friends and family. I think people always have an idea of what they "should" do, but never a real grasp of why- this book puts that all into perspective and makes you realize how amazing your body really is. Even small changes in the right direction can get you to a place you never thought you could be. Also, it really helped me when I hit a weight loss plateau- sometimes you just need more info about what you are eating.

I don't write reviews often, but knowing this author from her blog and reading what she has to say, I follow. So, I ordered this book, and learned a lot about the Kidney and how it DOES make a difference in our lives. Since working on my kidney health following this book's advice, although I have yet to do the entire cleanse! I have seen a HUGE impact in my well being, that goes for emotional, hormonal as well as my hair is growing back thick! I think from what I have learned and experienced as the author says it is truly a miracle. I never paid any attention to my Kidney's prior and I also have been going for acupuncture, but honestly the acupuncturist told me also, it's the Kidney....so I think now I got it. If you're looking to get back to your old self. The one you remember your hair was long and you were happy....start working on your kidney. Buy this book!

Latest common information all put in one place, but not entirely scientifically correct. Some foods are high in oxalates, (the most common form of kidney stones,) yet recommended to clear the kidneys. Good book for getting started on your own.

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