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The Clarity Cleanse By Dr. Sadeghi - Being Clarity

Step 11 Mind + Body, The Complete Clarity Cleanse 199. Step 12 Clarity for Life 217. A Final Word: Everything Is Possible, or a Stem Cell Way of Being 237. Appendix: Glossary 245. Ten-Day Intentional Unsaturation Diet Plan 247. IU Diet Recipes from the Goop Test Kitchen 249. The "Being" List 265.

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The Clarity Cleanse includes Dr. Sadeghi's Intentional Unsaturation Diet, which helps support emotional cleansing by removing the residue of repressed negative emotions. The diet is designed to reduce congestion in the liver, gallbladder, lungs, kidneys, and pancreas-the organs most affected by feelings such as resentment and anger.

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Habib Sadeghi DO, is a cofounder of Be Hive of Healing, an integrative health center in Los Angeles, and the author of The Clarity Cleanse: 12 Steps to Finding Renewed Energy, Spiritual Fulfillment, and Emotional Healing. This article is for informational purposes only.

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