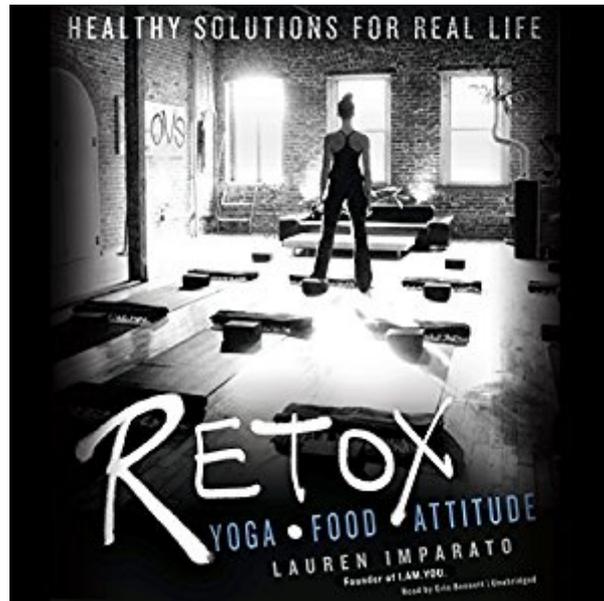


The book was found

Retox: Yoga, Food, Attitude; Healthy Solutions For Real Life



Synopsis

Practical health and wellness strategies from Laura Imparato, creator of the I.AM.YOU yoga studio. Rest to rage. Meditate to work. Cleanse to get dirty. Enough preaching about self-deprivation. No more striving for bodily purity. Who has the patience - or the time! - for strict dietary restrictions and hours of meditation? Let's get real; these tactics just don't work - at least not for long. But that doesn't mean health and happiness are unobtainable. Most often you just need an anxiety buster you can do while running down the street, a yoga pose you can do at your desk, or a way to debloat what feels like an alien baby in your abdomen. Retox isn't about changing who you are or denying life's pleasures; it's about tailoring sensible, scientifically based health practices to the life you already live; it's about working hard, playing harder, and renewing your balance and energy so you can do it all again. In Retox, health expert Lauren Imparato strips yoga down to its anatomical principles, offering practical tips for fast relief. Then, drawing from a variety of disciplines - from psychology to nutrition to Tibetan philosophy - she designs no-nonsense strategies and delicious recipes to combat the most common challenges of modern life: stress and anxiety, low energy, back pain and headaches, hangovers, PMS, sleep deprivation, and much more.

Book Information

Audible Audio Edition

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Customer Reviews

The concept of this book is nice, I got the audible version and got through it very quickly and there are lots of contradictions from one chapter to the next which is very confusing. For example, the Alien baby de-bloat advice is to avoid all raw veggies to avoid belly bloat, but then in the chapter on the New Mile High club about flying solutions, she states "to avoid bloat" after flying to eat as many

raw vegetables and fruits you can get your hands on a total contradiction and very confusing. Also oranges are not the best source of Vitamin C which she states that they are throughout the book. The Orange industry has done a great job convincing people it is the #1 food source for vitamin C through their marketing. The best food sources are: Strawberries and Red Peppers are even higher in vitamin C than Oranges and Hot Peppers are supposed to be an even better source. It's written a bit carelessly with all kinds of advice on diet that is either contradictory from one situation/chapter to another or facts that simply are not true (like oranges being the best source of vitamin C). Lauren has many mishaps, tears, health problems and injuries that one wonders why she doesn't take her own advice. Her goofy sense of humor goes well with the gimmicky solutions but it's hard to take them seriously. How has she somehow become a miracle healer over many experts and doctors, really? If it seems too good to be true, it usually is. Not one single person has written a review saying she has healed them anywhere or recommending her for any solution. Seems this book is all a big marketing gimmick. She also suggests a lot of red meat and eggs in the diets, people should beware and read Dr.

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