

DR ALEJANDRO JUNGER CLEAN%0A

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[Clean Program - Official Site](#)

The Clean Philosophy. The Clean Program is simple. Rooted in Functional Medicine and designed by an MD, this easy-to-follow whole food and healthy cleanse program provides results.

[I Tried The 21-Day Clean Program And This Is What I Learned](#)

Junger is a frequent expert advisor on GOOP; he's a cardiologist with an incredibly impressive resume who has written extensively and lucidly about the powers of detoxing through diet and the mind.

[Dr. Alejandro Junger, MD | Cardiology](#)

(Cardiovascular ...)

Sharecare profile of Dr. Alejandro Junger, MD, Sag Harbor, NY Cardiology (Cardiovascular Disease). View contact information, hospital affiliation, insurance accepted and more.

[Seven Day Cleanse Dr. Alejandro Junger From The Clean Diet](#)

For July, we are beyond thrilled to introduce our new guest editor, the amazing Dr. Alejandro Junger. Not only is Dr. Junger a true visionary in the fields of health and wellness, but he is also a brilliant and kind man with an uncanny ability to help.

[The Clean Program By Dr. Alejandro Junger | How The Diet ...](#)

The Clean Program by Dr. Alejandro Junger is a fascinating new take on weight loss and improving your health. It is part of a new wave of programs that help you make fundamental changes in your life. The program (and the book that the program is derived from)

[Clean Program Clean Cleanse by Dr. Alejandro Junger The ...](#)

The Clean Cleanse is a twenty-one-day program designed to support the body's natural ability to heal itself. It focuses on cleansing and detoxification through a mixture of dietary change and supplementation.

[Clean Gut: The Breakthrough Plan for Eliminating the Root ...](#)

Review My go-to doctor, Alejandro Junger understands health-literally from the inside out! Clean Gut is revelatory and rejuvenating. (Gwyneth Paltrow) Dr. Junger blesses us with his knowledge about our bodies and the root cause of disease.

[Dr. Junger's Best Recipes | The Dr. Oz Show](#)

Dr. Junger's Best Recipes. Eat clean on a budget with Dr. Alejandro Junger's best recipes. Clearing your gut of toxins is one of the most important things you can do for

your health.

**Clean Gut by Alejandro Junger MD (2013): What to ...
- Chewfo**

Thank you for a great summary on the Clean Gut Diet Penny, it has clarified a few doubts I had after reading Dr. Junger's book. The diet guidelines indicate to go easy on the allowed Legumes (split peas, lentils) as well as quinoa, only a side serving a day.

**Review of Dr. Alejandro Junger's 21-Day Cleanse -
LiveAbout**

My first full day was a disaster. I caved in at an office party and ate 3 decadent slices of coal oven pizza and then that evening while wandering around Manhattan waiting for a party to begin, I caved in again and ordered a McDonald's hamburger, small fries , and a Coke.