

Download Eating Clean Around The World

The oh-so-Instagrammable food movement has been thoroughly debunked – but it shows no signs of going away. The real question is why we were so desperate to believe it. The essential guide to fight inflammation, heal your gut, and reset your body with detox and clean eating After suffering for a decade from a range of ailments like Lyme Disease, Hypothyroidism, and Leaky Gut Syndrome, Amie Valpone, creator of TheHealthyApple.com, healed herself through clean eating and detoxing. I thought clean eating was just another fad going around, but it was practiced, due to necessity, by our early ancestors who hunted and gathered what was available to them. Even if you're brand new to fitness and working out, you've probably seen or heard someone talking about eating clean, and secretly (or not so secretly) wondered what the heck they were talking about.