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The Clarity Cleanse: 12 Steps to Finding Renewed Energy ...

The Clarity Cleanse is a personalized, 12-step approach to clearing out mental clutter to help us focus on the changes we need to make to live a more peaceful and happier life.

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12 Steps to Finding Renewed Energy, Spiritual Fulfillment, and Emotional Healing. In The Clarity Cleanse, Dr. Sadeghi presents a personalized, 12-step approach to clearing out the mental clutter to help us focus on the changes we need to make to live a more peaceful and happy life.

The Clarity Cleanse By Dr. Sadeghi - Being Clarity

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Habib Sadeghi D.O., is the co-founder of Be Hive of Healing, an integrative health center based in Los Angeles, and the author of The Clarity Cleanse: 12 Steps to Finding Renewed Energy, Spiritual Fulfillment, and Emotional Healing. The views expressed in this article intend to highlight alternative studies and induce conversation.

A Sneak Peek at The Clarity Cleanse | Goop

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The Clarity Cleanse: 12 Steps to Finding Renewed Energy ...

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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