



Soak Your Nuts: Cleansing With Karyn: Detox Secrets for Inner Healing and Outer Beauty

By Karyn Calabrese

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A student of Dr. Ann Wigmore and Viktoras Kulvinskas, Karyn Calabrese used raw food and detoxification to heal herself from illness, fatigue, and allergies. Soak Your Nuts: Cleansing with Karyn, features her Nature's Healing System, a 28-day program that has helped thousands of her students overcome weight issues, skin problems, fibromyalgia, insulin dependence, insomnia, sinusitis, and countless other health problems. The program is designed to counter the effects of exposure to chemicals, other environmental pollutants, and stress; restore the body's balance; and revive its ability to rejuvenate naturally. Instead of dieting and counting calories, readers will learn how to use a raw natural diet, juicing, fasting, and internal cleansing to gain a new awareness of total body health. As a result, they will be equipped with the tools to make intelligent, responsible, health-promoting diet and lifestyle choices. Karyn's sense of humor and messages of self-love and acceptance make this program a truly holistic journey.

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Editorial Review

About the Author

Karyn Calabrese is a highly sought after holistic health expert and successful entrepreneur who runs a thriving vegan wellness company in Chicago. At 64 years old, Karyn looks nearly a generation younger without the help of surgery or botox and enjoys boundless energy and enthusiasm. She has been a fixture in local and national media including two appearances on The Oprah Winfrey Show that focused on aging well. In 1995, Karyn opened Karyn's Fresh Corner, only the second raw foods restaurant in the country where she taught classes and saw clients. She also opened a nearby holistic spa, Karyn's Inner Beauty Center, because she believes eating healthy foods is just as important as cleansing the body of toxicity from negative foods, environmental and chemical pollution. The Center is a healing day spa with 12 unique holistic therapies designed to address all aspects of well-being, focusing on maintaining health while encouraging disease prevention. In October of 2002, Karyn merged both locations into one 7,500 square foot destination. Karyn developed a line of high quality food, products, supplements and a skincare/makeup line that is available in the store and for shipping around the world. In 2005, Karyn opened a new restaurant, Karyn's Cooked, for people looking for a bridge from a standard American diet to the more hard-core approach of raw foods. Due to the popularity of Karyn's Cooked, Karyn opened her newest restaurant, Karyn's on Green in January of 2010. Karyn's on Green is a more upscale approach to vegan dining with reinterpreted versions of classic American cuisine and cocktails. Karyn has created a thriving business out of teaching people to take care of their bodies using natural foods and detoxification. Karyn was awarded the First Annual Raw and Living Foods Golden Branch Award in 2002 for introducing the idea of raw and living foods to the greatest number of people in the mainstream public. The Karyn's brand including her restaurants, Inner Beauty Center, supplements and skincare/makeup line has endured major success and continues to thrive. As big as her business has grown, Karyn still finds the most fulfillment in teaching her monthly free information sessions and bi-monthly detox programs that expose hundreds of new people to the food and practices that have given her so much health and happiness.

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