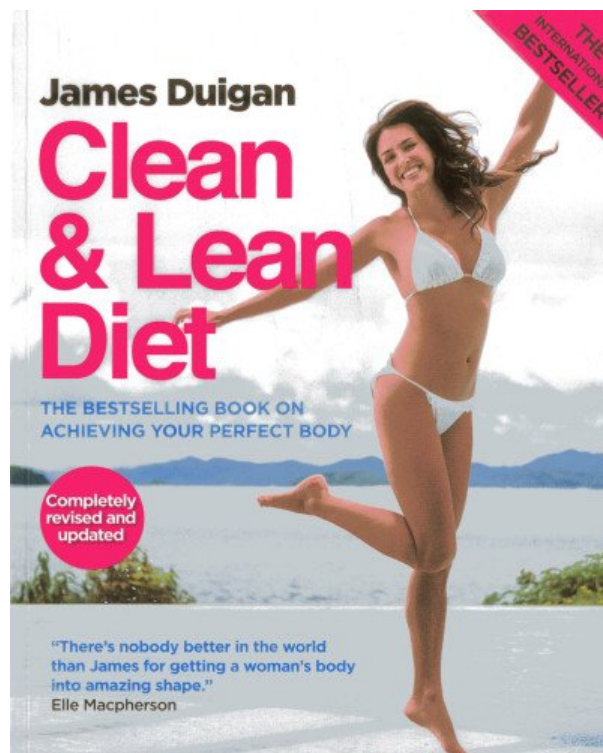
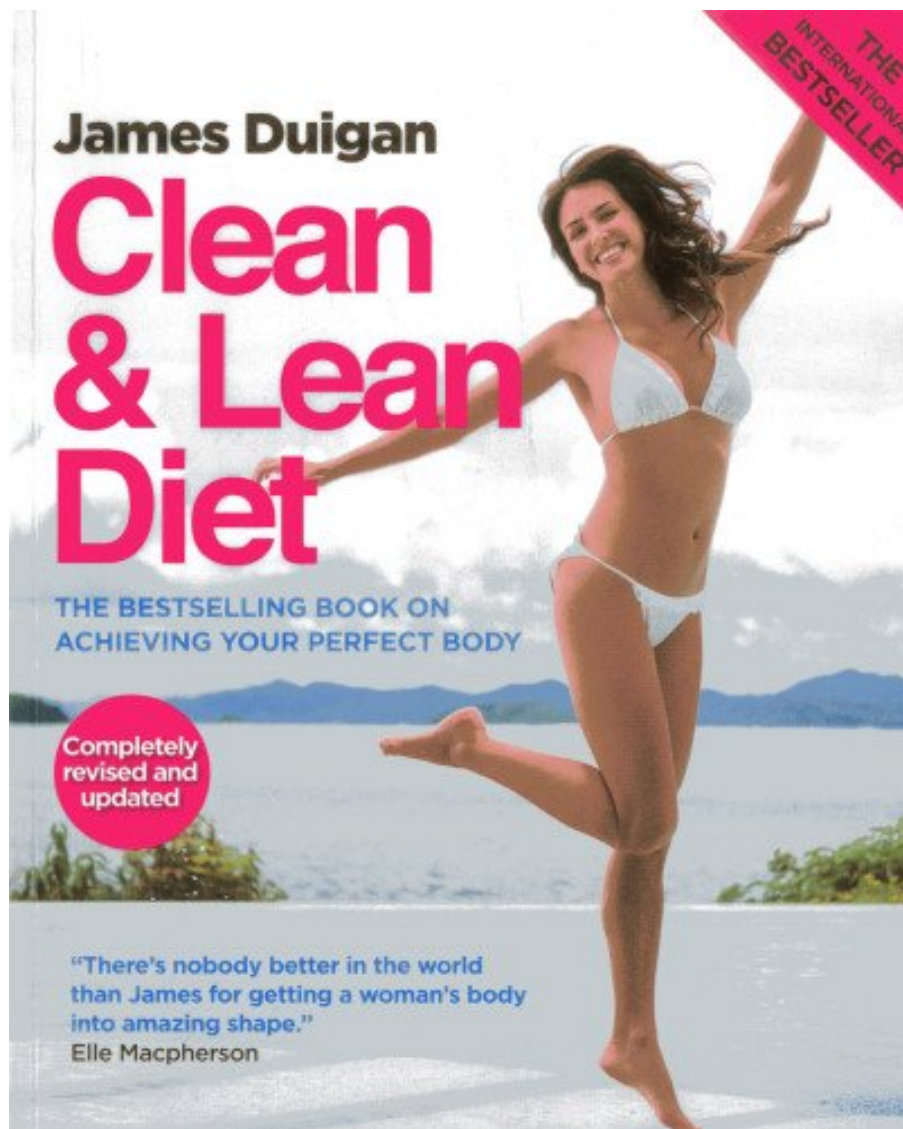


# **CLEAN & LEAN DIET: THE GLOBAL BESTSELLER ON ACHIEVING YOUR PERFECT BODY BY JAMES DUIGAN**



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## Review

"There's nobody better in the world than James for getting a woman's body into amazing shape." (Elle Macpherson)

"I love working out with James, and feel full of life, energy and happiness when we finish." (Rosie Huntington-Whiteley)

"James has made me thin and lightly muscled and frankly irresistible." (Hugh Grant)

## About the Author

James Duigan, world-renowned wellness guru and owner of Bodyism, London's premier health and wellness facility, is one of the world's top personal trainers. Bodyism's glittering client list includes Elle Macpherson, Rosie Huntington-Whiteley, David Gandy, Holly Valance and Hugh Grant. James splits his time between London and Los Angeles, where he is opening a new gym this spring.

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A completely revised edition of the original book with:

- new cover and design throughout
- entirely new recipes and recipe photography
- new foreword by Elle Macpherson
- updated and expanded Bad, Better & Best columns
- new contributions from James' celebrity clients

Divided into two sections, it explains first how to get "Clean" by detoxing, and then how to get "Lean" by honing your body through a combination of diet and maximum-impact exercises that are accompanied by step-by-step photography. With flexible meal plans, recipes, tips on avoiding the cravings that can lead you off track, advice on avoiding the toxic foods and drinks that prevent us losing weight and keeping it off, plus a maintenance plan that shows you how to maintain your new healthy lifestyle, James demonstrates that you, too, can be clean and lean for life.

- Sales Rank: #613098 in Books
- Brand: Brand: Kyle Books
- Published on: 2013-06-03
- Original language: English
- Number of items: 1
- Dimensions: 9.24" h x .53" w x 7.46" l, 1.15 pounds
- Binding: Paperback
- 176 pages

## Features

- Used Book in Good Condition

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## Most helpful customer reviews

51 of 58 people found the following review helpful.

Easy to read, but contains inaccurate information

By tara

I picked up this book because it looked like a light, easy read, and I thought it would offer a good introduction to cleaning up my diet and getting free of wheat, gluten, and sugar. The light and easy part met my expectations, and I finished the book in a couple of sittings. The author was a little too fond of catch phrases and buzzwords for my liking, and it felt like I was reading one long magazine article, but I shouldn't complain, as I bought the book in part for the easy reading after all.

A positive of the book is that it offers up some tasty recipes and new ideas for meals strategies. There are also some useful tables with columns for "bad, better, and best" eating options, which are a convenient reference tool. The author also gives us a '14 day-kick start diet,' which I haven't followed and don't intend to. It's too restrictive in calories for me, and could cause me to rebel and relapse into a binge at some point. But for those with an iron will, the meals look tasty. And sure enough, he does cover the whys and hows of giving up wheat, gluten, and sugar in a broad if not deep manner. He also offers additional information on why stress makes us fat, and includes an easy exercise plan at the end of the book.

The reason I only gave the book 3 stars was because of the veracity of some the content, beginning with the author's opinions on microwaving. He makes the statement that "microwaves kill the goodness in food." This comment brought my reading to a halt. The author offers no evidence to substantiate this claim, nor did he point me in the direction of any scientific studies that have proven this. Indeed, there are no citations for this or any other of the emphatic statements he makes throughout the book. The truth is that numerous studies have found that for most foods, microwaving actually helps retain nutrients, at least when compared to boiling foods and other forms of over cooking. (Please - if anyone can point me towards any legit studies stating otherwise - let me know!) On top of that he nay-says frozen foods, which again, if they've been frozen correctly, can contain more nutrients than some 'fresh' foods that have been sitting on the store shelf for too long.

However, the major stick in my craw was when, after extolling the virtues of giving up gluten, the author goes ahead and lists rye and spelt as fine foods to indulge in. However, both foods are packed with gluten. Hopefully no one who's allergic to gluten goes by his recommendations.

In conclusion I found this the Clean and Lean Diet book a pleasant enough and easy read. It contained some useful information and some nice, simple recipes, which I've already begun to use. And I got what I wanted from it, which was to begin along the path of eating a more clean diet, without the arduous slog of a more intensive book. Unfortunately however, the inaccuracies left me wandering about which of the information I could really trust - so an arduous slog with a more factual book is now on my horizon after all.

Bottom line: If you want an easy, fluffy afternoon read to get you on track in cleaning up your diet, this is the book for you. If you'd prefer a book packed with verifiable facts and depth you'd better try elsewhere.

20 of 21 people found the following review helpful.

Clean & Lean really works!!

By CleanandLeanNovice

I bought the Clean & Lean Diet book as a recommendation by a friend, but let's face it, who doesn't want to look like Elle McPherson (well maybe not if you're a boy or maybe you want to attract someone that looks like Elle). So off I go, book in hand, reading like a woman possessed because I am so excited to start my diet and lo & behold, 14 days in I can tell you that so many people have noticed a huge difference in my

appearance its just amazing. I feel so much better for it as well. The first 14 days is the kick start program and you really do need to follow it to the letter. Once you have completed the detox part, you can then have one day a week where you have something a little naughty, as by then your body can deal with the toxins in more efficient ways. James likes to use everything organic, so just try to do the best you can as it helps with the detox process. Don't forget, this is a way of life, so unless you can commit to no gluten and no sugar, you should probably pass. I find the diet relatively easy, I just opt for clean foods as much as I can when eating out, salads, fish etc. The best thing about the diet is that you can still have oils (good ones) and things like avocado. There are many recipes included for inspiration. You have heaps more energy and because you feel so good, it makes you want to do more exercise. A win win as far as I am concerned, so it just adds to the benefits of a lifestyle change. Now that I am aware of what goes into many store concocted bakery goods and other products, it really makes me feel a little sick when I look at them. Not quite Elle but maybe something a little closer, that's all you can hope for!

10 of 10 people found the following review helpful.

The best present to your health and body (but not completely revised and updated content compared to the previous edition)

By Culture Enthusiast

I have been a fan of this system for years and I have purchased also the previous edition of this book (I also have the Flat Tummy Fast and the amazing Clean and Lean Recipes Book). Whilst the title makes reference to diet this is a lifestyle and not a counting calories exercise The system is based on the principle of cutting carbs, refined sugar, alcohol, processed food. The great thing about this system is that the author explains in detail the reason why these should be avoided and the (bad) effects their consumption has on your health.

There is a 14 days plan (different compared to the previous edition) to kick off with the system to get rid of toxins and new recipes. The section on exercises is the same as the previous edition, but with a different mix. If you are a fan of the Clean & Lean system this book is worth buying only if you want to try new recipes as I did not notice a great deal of difference compared to the previous edition. If you have never tried this system purchase this book (in this 2013 edition) and you will notice the difference just a few changes can make in your life and weight. This is not a fad like Tracy Anderson - actually exercising for 60 minuts everyday is bad for you!

I really like the style of the author, never patronising or arrogant. He is very supportive in his tone. And if this system works for Elle MacPherson and Hugh Grant also common mortals like us can get huge benefits with regards to our health!

\* There are mistakes in the pages numbers relating to the exercises circuits. Also he mentions the 8 minutes workout that was present in the previous edition, but is not in this one (even if he mentions it). Looks a little bit rushed in this section. Also the statement of this being a totally revised and updated version is not correct as more than 80% of the content is the same as the previous edition (there is just a different mix of the exercises, a couple of new testimonials, a rejigged foreword by Elle MacPherson and new recipes - basically what I found useful and truly new are the recipes).

See all 39 customer reviews...

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