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Step 1 Take Responsibility for Your Emotional Waste 51 Step 2 Cleanse the Body 65 Step 3 Cleanse the Mind 81 Step 4 Recognize the Mechanisms of Repression 91 Step 5 Follow the Signs 105 Step 6 What to Do with Doubt and Fear 121 Step 7 Embrace Suffering 135 Step 8 Give Meaning to Suffering 147 Step ...

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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.

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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.

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The Clarity Cleanse (Hardcover) 12 Steps to Finding Renewed Energy, Spiritual Fulfillment, and Emotional Healing. By Habib Sadeghi, DO, Gwyneth Paltrow (Foreword by) Grand Central Life & Style. 978145542246, 304pp. Publication Date: December 26, 2017. Other Editions of This Title: Digital Audiobook (12/25/2017)

**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.