

Endorsements for Total Life Cleanse by Jonathan Glass

In Total Life Cleanse, Jonathan Glass combines ancient Ayurvedic wisdom with modern science to create a user's manual for your life. This book is comprehensive, practical, and tremendously useful. The more people who follow its advice, the healthier and happier our world will be.

—Ocean Robbins, coauthor of *Voices of the Food Revolution* and CEO of the Food Revolution Network

Total Life Cleanse is so wonderful as it brings it all together—clarifying what true health really is. Most cleanse and health books mainly focus on the physical. Jonathan Glass integrates it all—the physical, mental, and spiritual connection, which is the utmost imperative for real wellness. Total Life Cleanse takes into consideration all aspects of health, including living in harmony and having respect for all of life. Doing so, he shows us how we can achieve a life of Total health.

—Kip Andersen, Filmmaker and Producer, *What the Health*, *Cowspiracy*

Total Life Cleanse is a real jewel. It is filled with profound insights into the true nature of disharmony and illness as well as very practical strategies to regain balance and health. It is a wonderful guide to reclaim our true treasure—radiant health.

—Dr. Sherrill Sellman, host of *What Women Must Know* radio show and author of four books including *Hormone Heresy*

Total Life Cleanse serves the collective through individual awakening. It is so important to have tools for detoxifying and nourishing in one transformative process that revives all aspects of our being.

—Shiva Rea, author of *Tending the Heart Fire* and founder of Prana Vinyasa and Samudra Global School for Living Yoga

The teachings of Total Life Cleanse are much needed during these challenging times that stress the mind, body and spirit. The merging of genomic science with ancient traditions for healing is unique and sure to help many.

—Joel Kahn, MD, FACC, author of *The Plant Based Solution*

Total Life Cleanse clearly explains we are all exposed to toxins, both physical and subtle. Therefore, it is so essential to glean the knowledge from this book. The included Daily Guide, with its recipes, supplement protocols, daily practices and tips provides a powerful detox method that will benefit all who are pursuing the path of health and wellness in body, mind and spirit.

—Dr. Bruce Canvasser N.D., former president of NF Formulas, now Integrative Therapeutics

My very first cleanse was 100% a life changing experience. The energy surge was incredible, the mental clarity was phenomenal and the overall experience was a challenge but well worth every moment of it. Total Life Cleanse can guide you to experience the same life changing benefits that my very first cleanse brought into my life!

—Jairek Robbins, bestselling author of *Live IT!: Achieve Success by Living with Purpose*

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The synthesis of a lifetime of research, practice and experience, Total Life Cleanse is a compendium of knowledge and a labor of love. Glass takes ancient principles of healing and wellbeing and renders them easily accessible to contemporary Western readers. The cleanse is not just physical, but one that reaches all aspects of a person's being and touches the sacred self, the self-luminous soul. This is an invaluable contribution.

—Simon Haas, author of *The Book of Dharma*

Total Life Cleanse is the most excellent, comprehensive, documented truth including all of the essential ingredients and knowledge needed to maintain and nourish our bodies, minds, hearts and general wellbeing. A must read for all consciously awake souls.

—BV Tridandi Swami, author, monk and Bhakti yoga teacher

Total Life Cleanse offers the understanding to safely and effectively heal your body and mind, have greater access to your spirit and enjoy the blessings of good health.

—Bruce Burger, MA, BCPP, founder of Heartwood Institute, author of *Esoteric Anatomy*

This book is a must for anyone who wants to achieve greater health and spiritual consciousness. Jonathan Glass is a powerful healer and mystic, who has a profound gift for making health and spirituality accessible in modern life.

—Jade Sol Luna, astrologer and author of *Asterian Astrology*

In Total Life Cleanse, Jonathan Glass has created a healing manual that takes the reader through one of the most important transformational journeys of their life creating complete harmony in their mind, body, spirit. I highly recommend this book and cleanse to every person sincerely seeking true and complete transformational healing.

—BV Bhagavat Maharaja, Bhakti yoga teacher, Ayurvedic practitioner

Total Life Cleanse provides the tools necessary for cleansing and healing your body, mind, and soul. Jonathan Glass also shares numerous success stories of patients he has guided on their journeys to a healthier lifestyle. Get ready for life transformation!

—Bruce Howe, DC, CCN, owner and co-founder of Nutragen Health Innovations

Jonathan Glass has given us an amazing gift to heal and enrich our lives with Total Life Cleanse. This book should be in every home and office, and its practices can be a foundation for a healthy society, if only we were all to embrace them.

—Ken Manning, Ph.D., author of *Invisible Power* and president of Insight Principles, Inc.

Total Life Cleanse is the culmination of Jonathan's work, including the science of Ayurveda and Chinese medicine along with living a life of divine service. Not only is his approach grounded but his teaching style is well suited for both the beginner and advanced seeker. Total Life Cleanse is well written, filled with practical guidance and deep with profound wisdom.

—Jaishree Dow-Spielman, Sanctuary Center for Healing and Soul Culture Yoga School

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In his book, Total Life Cleanse, Glass has extracted and harmonized the essence of the many ancient sciences of health and wellness such as Acupuncture, Ayurveda, Yoga and the Vedic wisdom teachings of the East. He guides you on how to practically do an extraordinary cleanse and also on how to transform your life to live it purely, thus preventing any future ailments of body, mind or soul.

—Vishnu Swami, author of *Eternal Dharma*

Total Life Cleanse is a must read if you want to reclaim your health, vitality and well-being. Glass makes a compelling case by drawing on authoritative references that tell the story of why our collective health is in serious decline. Glass lays out a plan of action for healing, recovery and renewal. It is full of practical wisdom on how to get well and stay well.

—Michael Geary, Ph.D., life coach, Vedic astrologer, author, and speaker

Total Life Cleanse far exceeds the scope of fasting and diet alone. It eloquently distills knowledge from ancient systems of medicine for practical guidance in today's high paced life. This guide, if studied and put into practice, can lead to greater understanding of one's self and help to transform others.

—Dave Ehrlichman, MACOM, owner of Golden Lotus Herbs