

Having undergone a transformational experience with the transformative effects of embracing a CLEEN lifestyle almost half a decade ago, I was compelled to shift towards a more holistic paradigm to address my healing needs. Presently, my dietary intake is free from any synthetic or processed sustenance, such as bleached flour, table salt, and sugar, amongst others, as I consciously opt to consume only plant-based foods, natural ingredients, and medicinal herbs. Moreover, I employ uncomplicated yet efficacious holistic techniques, which are not only instrumental in helping me reinstate my vitality but are also crucial in extending the same benefits to those around me. I firmly believe that our bodies have an intrinsic ability to heal, and by aligning ourselves with nature, we can optimize and facilitate this remarkable process.

CLEEN's overarching mission is to promote a well-rounded lifestyle through the use of products that offer positive impacts on the human body. Additionally, the company strives to encourage individuals to gradually transition away from unfavorable dietary practices. At the core of CLEEN's philosophy is the belief that everyone is entitled to access good, fresh, uncontaminated, nutritious, and healthy food, which holds immense material, cultural, and social significance. The potent and transformative power of food is evident in its ability to mobilize collective action and inspire personal change, and CLEEN is committed to advancing the health benefits of a diet that emphasizes whole foods.

While CLEEN champions plant-based foods, it understands that not everyone shares this preference, and therefore, when called upon to prepare non-plant based items, the company employs natural herbs, spices, and quality ingredients to safeguard against food-related ailments and bodily dysfunction. Ultimately, CLEEN aspires to eradicate food-related illnesses within our local and global communities, driven by a fervent dedication to promoting human well-being.

Personally, I was able to overcome a host of health challenges, including obesity, pre-diabetes, fibroid tumors, and a vitamin D & iron deficiency, by embracing a plant-based, sustainable diet. It is important to acknowledge that my previous lifestyle choices, characterized by an unhealthy diet and a lack of understanding about how to maintain adequate melanin levels, were key factors in my health decline three years ago. However, I recognized the need to adopt a more wholesome and nourishing way of living to revitalize my health and overall well-being. Once I had successfully regained my physical health, I felt an unrelenting urge to dedicate my life to educating others on how to eat CLEEN and experience the benefits of a longer and healthier life.

It may be surprising to learn that minor modifications to your dietary habits can have a profound influence on your well-being. In my personal approach to meal preparation and beverage blending, I prioritize the most delectable means of consuming nourishing sustenance. While my food choices are predominantly plant-derived, I do allow myself occasional indulgences to satisfy intense yearnings. However, I tend not to indulge in such deviations from my usual diet as frequently as others, owing to the fact that my bodily constitution now largely favors live, alkaline-based foods.

CLEEN EATING is a comprehensive wellness establishment that aims to empower clients to live their most fulfilling lives while also embracing clean eating habits. As your personal guide, I will share my own wellness journey and provide innovative strategies for adopting a clean eating lifestyle. Our establishment covers a range of topics, including functional foods, health, food-related illnesses, and personal growth. By consuming clean foods, you can experience a revitalizing effect that benefits not only your physical body, but also your mental and spiritual well-being. As the age-old adage goes, you are what you eat, so consuming less meat, dairy, and animal products can help restore our environment and promote a healthier digestive system, which in turn bolsters our immune system.

At CLEEN, we are deeply committed to sourcing only the highest quality alkaline herbs and foods, free from any heavily processed Beyond & Impossible Meat products or red meat handling. We understand that the key to any great meal is in its ingredients, and we refuse to compromise on quality or standards, from start to finish. Although I am not a medical doctor, I am a living testament to the transformative power of clean eating habits, and I wholeheartedly believe that by taking small steps towards a cleaner, healthier lifestyle, we can all help make the world a better place, one bite at a time.

The odyssey towards wellness is unique to each individual, with no two journeys being identical. As I embark on my own personal expedition, I take pleasure in disseminating the strategies that have proven successful for me, with the understanding that the approach which resonates with me may not necessarily be the same as that which resonates with you. Thus, I welcome the opportunity to provide assistance and guidance to aid you on your expedition towards optimal health. Looking forward to serving you. Thank you in advance.