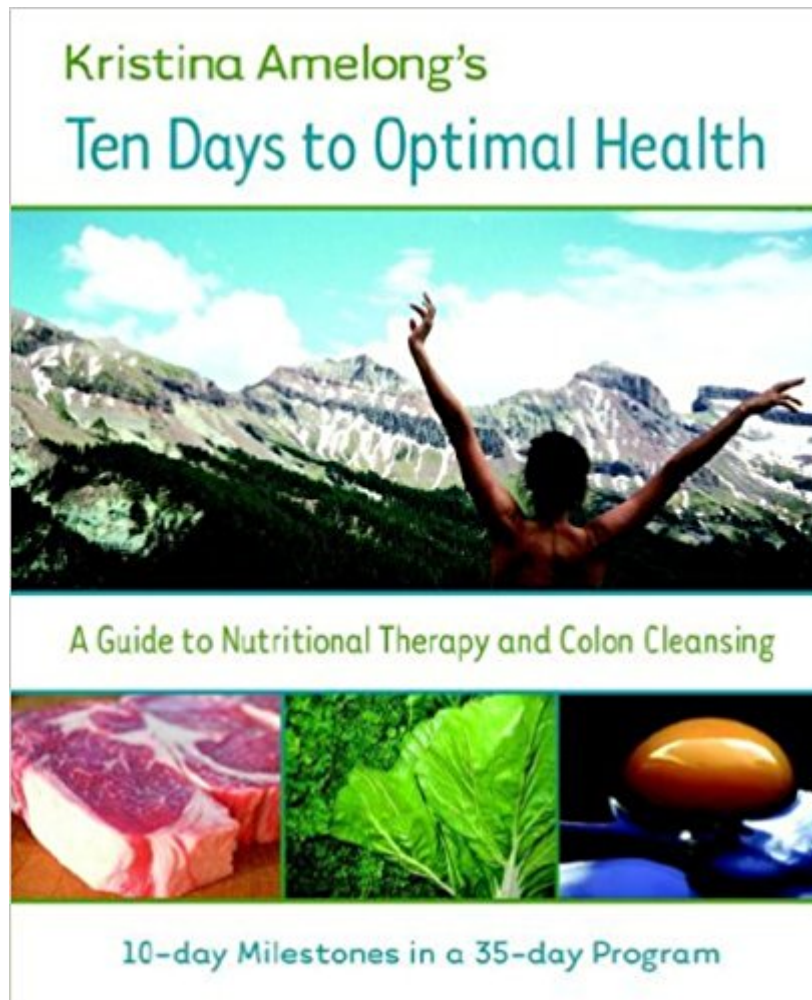




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Ten Days To Optimal Health



Synopsis

This step-by-step guide to nutritional therapy and colon cleansing includes important self-help strategies for people who want to take responsibility for their own health and well-being. Author Kristina Amelong is a colon hydrotherapist and nutritional counselor who describes her own five-year battle with Irritable Bowel Syndrome and the tools she used to recover. The program that Kristina has designed includes the nutritional research work of Dr. Weston A. Price who studied the diets of fourteen traditional societies during the 1930s and 1940s. His goal was to understand what made human beings healthy and what allowed them to have perfect teeth. The food Kristina recommends to readers are the traditional foods that gave health to the populations that Price researched. When people remove accumulated waste material in their bowel, the body can regenerate with the nutrients available in the Weston A. Price diet. Detoxification and simple, nourishing foods cause people to thrive much like the disease-free native cultures that Price studied.

Book Information

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Customer Reviews

Great book for those of us who want to take our health into our own hands.

I choose to give this 5 stars because Kristina talks a lot about gut health. I know that so much health problems start in the gut. If you treat the gut your symptoms will improve. I personally have horrible skin rashes and Polycystic Ovarian Disease, these will get better with helping the gut. I also know

that gut health will help so many different things. So give it a try what do you have to loose? Oh, the bad crap in your body! haha

Just what I expected and very happy with the purchase!

great!

Still reading and obsorbing this information. Kristina is well educated on "Optimal Health" guidance. Will utilize and share her information forever!!

This book is exstream but has many good areas that should be considered if you want to change your life and improve your health. No one book has all the answers and this is just a part of the story.

The Center is here in Madison which enabled me to meet with trained personal and have services performed. Kristina's farm is about 30 minutes from where I live and her advice is both interesting and inspiring. I look forward to working more with the program based on the information Kristina shares in her book so that I may enjoy the benefits of better health and vitality. Thanks! Karen

Highly recommended in "Wise Traditions" the journal of the Weston A. Price Foundation. Very exciting stuff. Will revolutionize health in America.

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