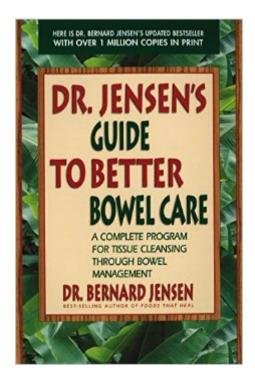
The book was found

Dr. Jensen's Guide To Better Bowel Care: A Complete Program For Tissue Cleansing Through Bowel Management





Synopsis

Based on 60 years of patient studies, Dr. Jensen's Guide to Better Bowel Care gives you all the information you need to improve and monitor your gut health. Â Inlcuding charts, photos, and Dr. Jensen's decades of expertise, this classic book provides specific dietary guidelines for proper anti-inflammatory bowel maintenance that will enhance your microbiome and address leaky gut, along with a colonic cleansing system and effective exercise program.

Book Information

Paperback: 240 pages Publisher: Avery; Revised edition (September 1, 1998) Language: English ISBN-10: 0895295849 ISBN-13: 978-0895295842 Product Dimensions: 6 x 0.6 x 9 inches Shipping Weight: 9.9 ounces (View shipping rates and policies) Average Customer Review: 4.4 out of 5 stars Â See all reviews (90 customer reviews) Best Sellers Rank: #52,619 in Books (See Top 100 in Books) #23 in Books > Medical Books > Medicine > Internal Medicine > Gastroenterology #56 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal #1266 in Books > Health, Fitness & Dieting > Alternative Medicine

Customer Reviews

Wow! This book is an eye opener. I'm saying this because most of us have never heard about the teachings in this book, although probably our grand-grandparents still knew it. The modern society and lifestyle made us neglect the laws of the Nature when taking care of our own body, to our own peril. Unfortunately, these days not even the doctors are aware of the importance of bowel care, even though until the 40's- 50's this was a well known fact. Probably after that the discovery of modern "cures" - such as antibiotics - and the growing power of pharmaceutical companies pushed these away from the medical agenda.Dr, Jensen provides insights of the studies from the end of 19th century and beginning of the 20th century. At that time, it was a well known fact - in the medical community and probably elsewhere - that toxemia is the root of most diseases. As a matter of fact, Dr. Jensen says "The name of a disease is given depending on where the toxins are located". Most of the toxins enter our body through the digestive tract, together with our food and drinks. Then, if we have a poor diet, we have toxic wastes. If we don't eat healthy, the bowel transit time slows

down, and the wastes, instead of being eliminated, stay there, putrefy further, and become a breeding ground for bad bacterias and other parasites. After a while, the body cannot stand it any more, and the toxins and parasites enter the bloodstream, and settle in inherent weak parts.Sir W. Arbuthnot Lane, physician to the British Royal Family in the late nineteenth century and dawn of twentieth century was a master surgeon, and noticed in multiple occasions that operating the bowel cleared diseases located elsewhere in the body body.

Download to continue reading...

Dr. Jensen's Guide to Better Bowel Care: A Complete Program for Tissue Cleansing through Bowel Management Irritable Bowel Syndrome: The Ultimate Solution To Your Bowel Syndrome And Stomach Problems (IBS, Bowel Diet, Gastroenterology, Digestion) Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) Soft Tissue Injuries and Hard Ball Tactics: Dealing With Soft Tissue Injuires and Insurance Companies Tissue Engineering I: Scaffold Systems for Tissue Engineering (Advances in Biochemical Engineering/Biotechnology) (v. 1) Cats: Cat Care: Kitten Care: How To Take Care Of And Train Your Cat Or Kitten (Complete Guide To Cat Care & Kitten Care With Pro Training Grooming & Nutrition Tips) Descendants of the Rose (The Selby Jensen Paranormal Mysteries Book 1) Happy Gut: The Cleansing Program to Help You Lose Weight, Gain Energy, and Eliminate Pain Imagine Yourself Well: Better Health Through Self-hypnosis (Better Health Through Hypnosis) Orchids Care Bundle 3 in 1, THE NEW EDITION: Orchids + Orchids Care For Hobbyists + Phalaenopsis Orchids Care (Orchids Care, House Plants Care, Gardening Techniques Book 4) Colon Health and Wellness: The Ultimate Guide to Colon Health the Natural Way (Colon Health, Colon Cleanse, Colon Cancer, Colon Health Guide, Colon Diet, Colorectal cancer, Colon Cleansing) The IBS Diet: Overcome Irritable Bowel Syndrome With the Low FODMAP Diet (Food Allergies and Intolerances) (Irritable Bowel Syndrome Treatment Book 1) Low FODMAP: The Low FODMAP Diet Slow Cooker Cookbook (IBS, Irritable Bowel Syndrome, Crock Pot Recipes) (Managing Irritable Bowel Syndrome Cookbooks 2) Why Doesn't My Doctor Know This?: Conquering Irritable Bowel Syndrome, Inflammatory Bowel Disease, Crohn's Disease and Colitis Irritable Bowel Syndrome & the MindBodySpirit Connection: 7 Steps for Living a Healthy Life with a Functional Bowel Disorder, Crohn's Disease, or Colitis (Mind-Body-Spirit Connection Series.) Irritable Bowel Syndrome: Natural and Herbal remedies to cure Irritable Bowel Syndrome A Victim No More: Overcoming Irritable Bowel Syndrome: Safe, Effective Therapies for Relief from Bowel Complaints Gut Health: The Beginner's Guide to Cleansing the Gut for Weight Loss, More Energy and Overall Health The Better Sex Workout for

Men: Best Exercises For Better Sex Through Sex-Enhancing Workouts Better Bankers, Better Banks: Promoting Good Business through Contractual Commitment

<u>Dmca</u>