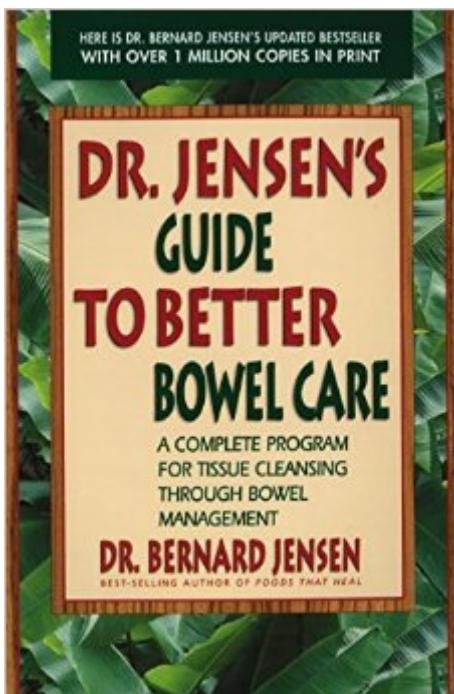


The book was found

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. Including 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

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Average Customer Review: 4.4 out of 5 starsÂ See all reviewsÂ (90 customer reviews)

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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.

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