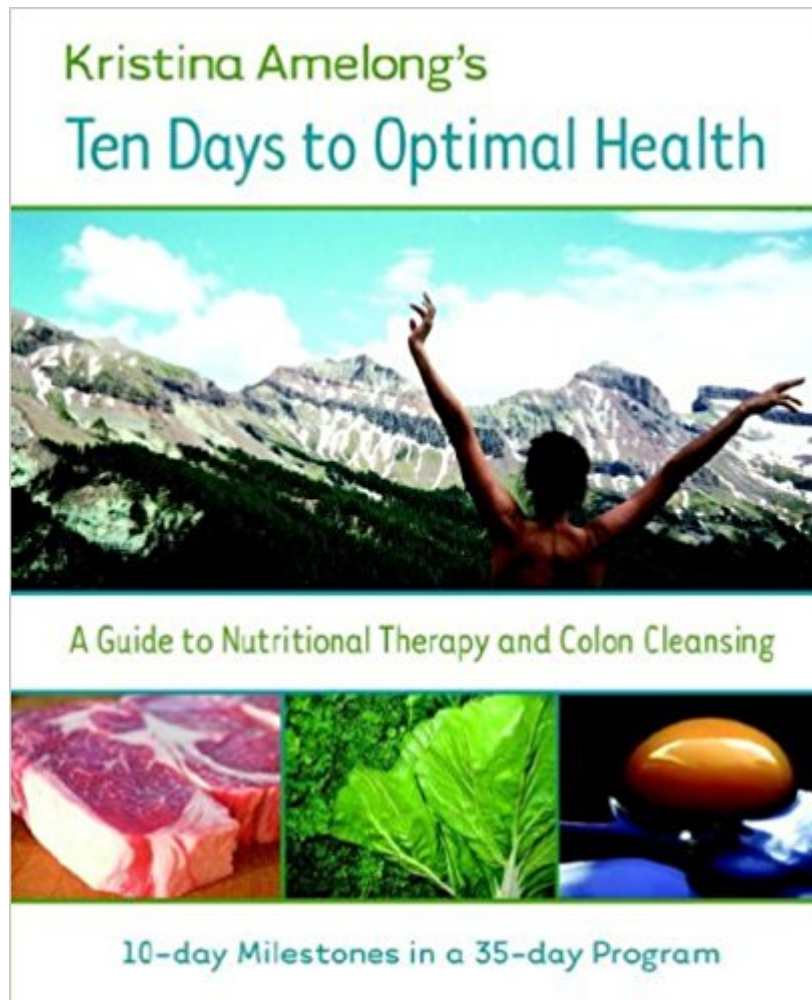




The book was found

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

Paperback: 208 pages

Publisher: Prosperity Publishing House; 2 edition (January 1, 2006)

Language: English

ISBN-10: 0975589962

ISBN-13: 978-0975589960

Product Dimensions: 7.5 x 0.4 x 9.2 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 11 customer reviews

Best Sellers Rank: #809,229 in Books (See Top 100 in Books) #90 in [Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Diet Therapy](#) #2306 in [Books > Health, Fitness & Dieting > Alternative Medicine > Healing](#) #4503 in [Books > Health, Fitness & Dieting > Nutrition](#)

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.

[Download to continue reading...](#)

Ten Days to Optimal Health Alkaline Diet Cookbook: Get The Health Benefits of Alkaline Diet & Balance Your Acidity Levels...: 40 Amazing Alkaline Diet Recipes (Alkaline Diet, Health, ... Eating, Optimal Health, Lose Weight Book 2) Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications Prostate Health Guide: Get the Facts and Natural Solutions for Optimal Prostate Health Alkaline Diet: A Complete Guide For Alkaline Diet, Health Benefits of the Alkaline Diet: What To Eat & What To Avoid and How to Check Your Acidity Levels? ... Eating, Optimal Health, Lose Weight Book 1) Venice in 3 Days (Travel Guide 2017): A Perfect Plan on How to Enjoy 3 Amazing Days in Venice, Italy: A Guide Book with:3 Days Itinerary,Google Maps,Food Guide,+ 20 Local Secrets to Save Time & Money Madison Wisconsin in 3 Days (Travel Guide 2015): A Perfect Plan with the Best Things to Do in Madison Wisconsin in 3 Days: Get a Detailed

Itinerary and ... 3 Amazing Days in Madison,WI.Save Time & \$ Yoga Diet: How to Energize Your
Yoga Practice and Nourish Your Body for Optimal Health and Happiness Water Fasting For
Wellness: How To Start Your Very Own Water Fast For Optimal Health, Wellness and Longevity
Energy Medicine: Balancing Your Body's Energies for Optimal Health, Joy, and Vitality Optimal
Health with Multiple Sclerosis: A Guide to Integrating Lifestyle, Alternative, and Conventional
Medicine Compassionate Touch: Giving Massage for Optimal Health, Thriving Relationships &
Spiritual Awakening The Essential Atkins for Life Kit: Tools, Tips, and Techniques for Maintaining a
Low Carb Lifestyle for Permanent Weight Loss and Optimal Health Healing the Vegan Way:
Plant-Based Eating for Optimal Health and Wellness The Grain Brain Whole Life Plan: Boost Brain
Performance, Lose Weight, and Achieve Optimal Health The Plant-Powered Diet: The Lifelong
Eating Plan for Achieving Optimal Health, Beginning Today The Coconut Flour Recipes for Optimal
Health and Quick Weight Loss: Gluten Free Recipes for Celiac Disease, Gluten Sensitivities, and
Paleo Diets Wheat Free: Diet for Beginners - Lose Weight Quickly, Achieve Optimal Health & Feel
Energized with Gluten Free Recipes for Celiac Disease & Paleo Free ... diet, natural weight loss,
baking recipes) The Whole Life Prostate Book: Everything That Every Man-at Every Age-Needs to
Know About Maintaining Optimal Prostate Health Hormones in Harmony: Heal Your Hypothalamus
for Optimal Health, Graceful Aging, and Joyous Energy

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)