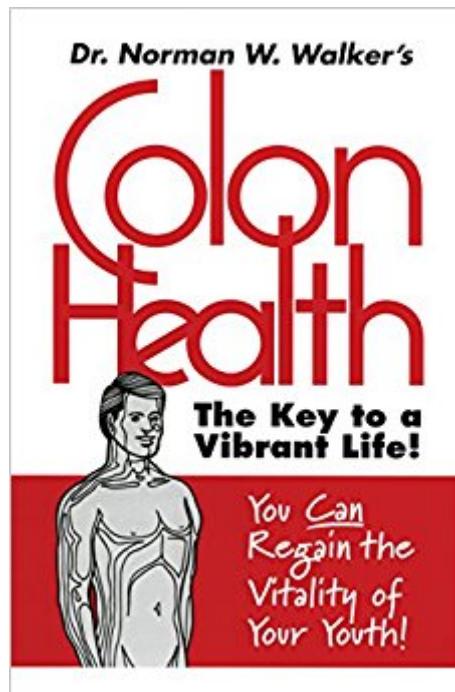


The book was found

Colon Health Key To Vibrant Life



Synopsis

Dr. Walker focuses your full attention on this forgotten part of the body. He will lead you on a tour of each vital organ of your body explaining how it is affected by the condition of the large intestine, the colon. Learn how through proper care of the colon you can prevent and experience relief from constipation, asthma, colds, allergies, respiratory disorders, digestive problems and numerous other ailments.

Book Information

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Customer Reviews

Dr. Norman W. Walker is one of the pioneers of the raw foods movement and is recognized throughout the world as one of the most authoritative voices on life, health and nutrition. Dr. Walker shares his secret to a long, healthy, productive life through his internationally famous books on health and nutrition.

Per usual, Dr Walker's approach to illness-prevention and health-improvements, health-boosting, and health-maintenance are clear and simple. The challenge comes in living out these basic human practices in our modern society which considers "Health" equivalent to illness-managed-by-procedures/devices/medications (my own definition). If one wants a clear pathway to actual health and well-being, then one would follow Walker's recommendations to the letter. He sticks to the basics of what our body needs, and goes from there. And, given my discussions with pathologists and others who are well aware of the relationship between colon-health and overall physical health, it is clear that much of our well-being resides in our

intestinal health (which is dependent on what we put into our bodies through our eating practices, skin-care practices, household cleaning practices, medical care practices, and global environmental care practices). Colon Health is, indeed, the key to a "vibrant life!"

Read this book and it will change your life, change your thoughts about food and turn bad health around. I purchased disposable enema bags from to follow his instructions. When I did, my health started to turn around and my nearly 50 pound weight gain went away. I went from 182 to 146, along with diet, exercise (Metamorphosis by Tracy Anderson), Candex (to remove yeast), and a good probiotic (Dr. Ohirra).

I learned much more about the Colon than I already knew. The idea that the health of one's Colon effecting every other part of the body is one that makes perfect sense, even though it's something I've never really thought about. The writing is very dry, but to the point. It's a thin book devoid of flowery prose, but that's just fine with me. It's a good introduction to how the Colon works. The one issue I have is with Dr. Walker's near-obsession with colon irrigations. I've never read about them before, and even if they do make sense, I'd wish to learn more before being told of my absolute NEED to have them. Roughly every other page features a comment regarding colon irrigations. Can't juicing achieve similar results?

For the massive wealth of knowledge you will absorb from this book it would be foolish not to buy a copy of Mr Norman Walkers Colon Health. I got my for under a buck(55 cents I believe) and you probably can as well. This book is incredible. Dont be a fool. READ THIS BOOK NOW!!!

This book is a must read for anyone who is interested in colon care and cleansing your digestive tract. It is a must read, and I promise, it is a real eye opener as to what you might find in you colon. I read this book back in the 1990's. Dr. Norman W. Walker has past on from this life. He shared about the reality of people who live in North American who have worms and parasites, just like third world countries. You might think you are clean inside your body and have no need for such information. Guess again, you may not be as clean in your body as you may think. After I read this book by Dr. Walker, I prayed to the Lord Jesus Christ, "God, if I have worms, cause them to come out". God, hears and answers prayers, I am a living witness and testimony to the fact. I brought 2 gallons of purified water, and put garlic powder in the water and gave myself a home enema. To my surprise, you guessed it, worms did come out of my body and I live in the United States and eat really good

food and never even thought I might have worms living my body. But as I almost got done with my second gallon of water, a big ball of white worms that looked like maggots were in the toilet. I stood there shaking in dis-belief that these worms had come out of my body. I began to research and look for natural remedies to kill other worms and their eggs that were still in me. I also begin to have colonics done on a regular basis. I will have another colonics done in fall of 2016, and I will let the technician know before the start of the cleanse, if he/she sees any worms passing through the tube to let know so that I can take charge and responsibility for own my health as you should, and not put my care into the hands of doctors, nurses or any other health practitioner who really do not have time for me anyway, as they have too many patients to care for already. This is an enema that is done by a licensed professional that washes out the entire 9 feet of the large intestines. It is painless and takes about an hour to get through the process. Just so you know why I used garlic powder. First, it was all that I had at the time, and I learned that garlic kills worms, and there are many species of worms that may have taken up residence in you colon. So pumpkin seeds, black walnut hull, and many order herbal products do kill parasites, you have to do your own home work and research and take charge of your own health and find the key to your solution. You can either eat fresh garlic cloves, which is really great, but may keep some people away from you (smile), it's the truth! Take care of your health and colon. Worms and parasites can cut your life short if you don't get rid of them. That's what happen to a man that Dr. Walker diagnose in the story of this book. The young man laugh at the Doctor, and did not heed what the medical practitioner said to him, and he died. So take seriously what I am telling you. It will save and extend your life to clean your colon, and you will also have a better quality of life. "All diseases start on the inside" - Hippocrates, the father of medicine.

This book has caused me to change my whole lifestyle. I've purchased a juicer and other books written by Dr. Walker. I am so encouraged that I'm telling everyone I know about it. I feel as though I have hit the motherlode!

Dr. Walker was so intelligent and in this book he addressed issues I had never heard of based on his research. (I have been in the health care field for over 20 years!) I always learn from Dr. Walker and often refer to his diagrams in this book. This book will give you a solid understanding of our colons and what we need to do to keep them healthy. Without a healthy colon you WILL NOT have long term health.

I'm just being honest- this is all stuff you could see online easily. It also pressures you to get a colonic from a professional (which I have and I do recommend until you feel like you can do it at home) but acts like you cannot do it by yourself. There are quality colon cleansing kits you can purchase now that include the same mechanism as getting a colonic with a fancy machine.

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