

TISSUE CLEANSING THROUGH BOWEL MANAGEMENT

By BERNARD JENSEN, D.C., Ph.D., M.D.(hon.)



WITH THE ULTIMATE TISSUE CLEANSING SYSTEM
Co-authored with Elyse Bell

Tissue Cleansing Through Bowel Management

Stuart Brown



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Tissue Cleansing through Bowel Management Jiajing Lee, 2009-03 **Tissue Cleansing Through Bowel Management** Bernard Jensen (D.C.), 1980 **Tissue Cleansing Through Bowel Management, Chinese Edition** Bernard Jensen, Sylvia Bell, Jiajing Li, Lichang Li, 2006-05 **Dr. Jensen's Guide to Better Bowel Care** Dr. Bernard Jensen, 1998-09-01 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 Simple Cleanse Jerry Lee Hutchens, 2005 Cleansing synchronizes our bodies with the natural order Simple Cleanse presents the tools to design a personal week end cleanse by offering specific techniques for cleaning the cells lungs and digestive tract Details about diet fasting exercise and colonic irrigation are drawn from sources as varied as the latest scientific research to ancient scripture **How and When to Be Your Own Doctor** Lisa Bright, 2021-02-04 Do you know why you get sick Would you know how to take care of a simple acne breakout on your face This e book covers in a simple and didactic way the whole process of getting sick and taking care of yourself before you need to see a real doctor The great maxim We are what we eat is still valid Therefore you must learn how to feed yourself fast and feed yourself and learn about the foods that can heal you and make you sick Here you will learn among other things about Extending Life with the right foods Diet for a long life Diet for a healthy person Diet for acute disease Food to cure chronic diseases Diet for chronic disease Foods in the order of digestive difficulty Diets for healing people in critical condition Combination foods and Healthy Junk food And much more When my health began to slip I went looking for a cure Up to that time the only use I'd had for doctors was to fix a few traumatic injuries The only preventative health care I concerned myself with was to take a multivitamin pill during those rare spells when I felt a bit run down and to eat lots of vegetables So I'd not learned much about alternative health care Naturally my first stop was a local general practitioner MD He gave me his usual half hour get acquainted checkout and opined that there almost certainly was nothing wrong with me I suspect I had the good fortune to encounter an honest doctor because he also said if it were my wish he could send me around for numerous tests but most likely these would not reveal anything either More than likely all that was wrong was that I was approaching 40 with the onset of middle age I would naturally have more aches and pains Take some aspirin and get used to it was his advice It'll only get worse Not satisfied with his dismal prognosis I asked an energetic old guy I knew named Paul an 80 something homesteader who was renowned for his organic garden and his good health Paul referred me to his doctor Isabelle Moser who at that time was running the Great Oaks School of Health a residential and outpatient spa nearby at Creswell Oregon Dr Moser had very different methods of analysis than the medicos was warmly personal and seemed very safe to talk to She looked me over did some strange magical thing she called muscle testing and

concluded that I still had a very strong constitution If I would eliminate certain bad foods from my diet eliminate some generally healthful foods that unfortunately I was allergic to if I would reduce my alcohol intake greatly and take some food supplements then gradually my symptoms would abate With the persistent application of a little self discipline over several months maybe six months I could feel really well again almost all the time and would probably continue that way for many years to come This was good news though the need to apply personal responsibility toward the solution of my problem seemed a little sobering But I could also see that Dr Moser was obviously not telling me something So I gently pressed her for the rest A little shyly reluctantly as though she were used to being rebuffed for making such suggestions Isabelle asked me if I had ever heard of fasting Yes I said I had Once when I was about twenty and staying at a farm in Missouri during a bad flu I actually did fast mainly because I was too sick to take anything but water for nearly one week Why do you ask I demanded If you would fast you will start feeling really good as soon as the fast is over she said Fast How long Some have fasted for a month or even longer she said Then she observed my crestfallen expression and added Even a couple of weeks would make an enormous difference It just so happened that I was in between set up stages for a new mail order business I was starting and right then I did have a couple of weeks when I was virtually free of responsibility I could also face the idea of not eating for a couple of weeks Okay I said somewhat impulsively I could fast for two weeks If I start right now maybe even three weeks depending on how my schedule works out So in short order I was given several small books about fasting to read at home and was mentally preparing myself for several weeks of severe privation my only sustenance to be water and herb tea without sweetener And then came the clinker Have you ever heard of colonics she asked sweetly Yes Weird practice akin to anal sex or something Not at all she responded Colonics are essential during fasting or you will have spells when you ll feel terrible Only colonics make water fasting comfortable and safe Then followed some explanation about bowel cleansing and another little book to take home and soon I was agreeing to get my body over to her place for a colonic every two or three days during the fasting period the first colonic scheduled for the next afternoon I ll spare y

How and When to Be Your Own Doctor Namaskar Books,2024-12-24 How and When to Be Your Own Doctor by Isabelle A Moser is an essential guide for anyone interested in taking control of their health and well being In this groundbreaking book Moser empowers readers with the knowledge to confidently navigate common health concerns and make informed decisions about self care The author shares a wealth of practical advice on how to identify symptoms understand underlying health issues and determine when it is appropriate to seek professional medical attention Through clear straightforward language Moser demystifies the complexities of medicine offering invaluable insights into the human body and its healing processes The book covers a wide range of topics from basic first aid and preventive care to alternative treatments and natural remedies With an emphasis on self awareness and preventative health practices Moser equips readers with the tools to live a healthier more proactive life How and When to Be Your Own Doctor is an indispensable resource for those who seek to understand their

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Albert Einstein Vinod Kumar Mishra,2020-01-01 All about being your own doctor from nutritious diet plan to fasting and understanding nature and cause of diseases

The Seven Steps To Naturally Stronger Immunity And Pandemic Survival Stuart Brown,2020-11-27 The Seven Steps To Naturally Stronger Immunity And Pandemic Survival presents a natural holistic way of combating the degenerative diseases that wreak havoc on a person s health at any age This book emphasizes the significance of diet nutrition and abstinence from adverse foods to correct homeostasis imbalance The book casually leads you onto a path of physical health and wellness while it also introduces with it necessary common sense links to spirituality without cultism You will learn how to achieve immunity from various pathogens by earning it after following the strict guidelines presented with these pages In the last 100 years MDs abandoned natural treatments to treat disease in favor of pharmaceuticals and the monopoly that ensued drove health care prices into the stratosphere Seldom mentioned is that after heart disease and cancer the iatrogenic disease death by doctors is the third leading cause of death With that in mind isn t it time for you to take responsibility for your health and well being The Seven Steps To Naturally Stronger Immunity And Pandemic Survival will take you off of a path to a fast demise and change your course to one of increased energy stamina hope longevity and a better quality of life

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