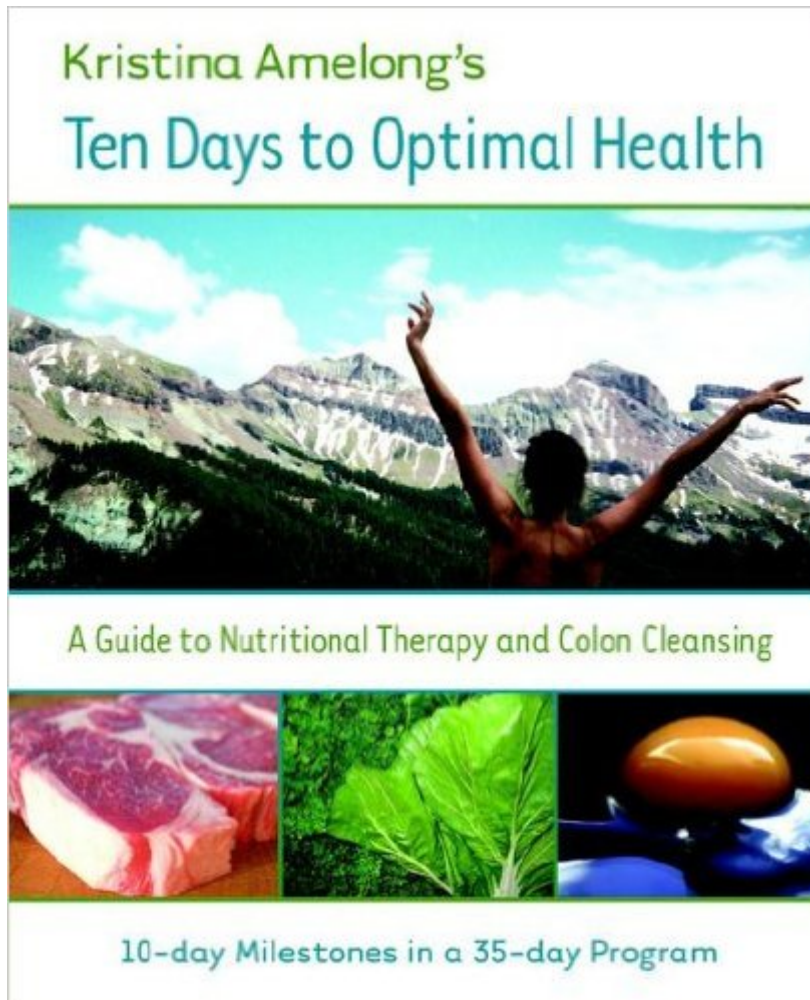


The book was found

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: 4.4 out of 5 stars [See all reviews](#) (9 customer reviews)

Best Sellers Rank: #729,931 in Books (See Top 100 in Books) #79 in [Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Diet Therapy](#) #2201 in [Books > Health, Fitness & Dieting > Alternative Medicine > Healing](#) #4149 in [Books > Health, Fitness & Dieting > Nutrition](#)

Customer Reviews

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 will 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

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

I have only recently read her book. And haven't followed her whole plan yet. But I had already been eating mostly this way for about almost 2 years. And I feel a big difference. After having followed "Nourishing Traditions" way for several years. I had 30 different ailments prior to the "wise traditions" way. But, I too had difficulty healing some of the last few ailments. I am definitely going to incorporate her approach into my own and feel very confident that this approach will be successful.

I just recently finished Ms. Amelong's book, Ten Days To Optimal Health. I am about to follow her program and I'm very excited about the changes I will undergo. After reading a multitude of books on "how to" recovery from this, or get well from that, her words of personal wisdom and expertise are so promising. I checked out her website as well at [...] and I'm very impressed.

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.

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