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Colon Health And Wellness: The Ultimate Guide To Colon Health The Natural Way (Colon Health, Colon Cleanse, Colon Cancer, Colon Health Guide, Colon Diet, Colorectal Cancer, Colon Cleansing)



COLON HEALTH — *and* — WELLNESS

The Ultimate Guide to Colon
Health the Natural Way



Synopsis

Discover the Ultimate Guide to Colon Health and Wellness the Natural Way Read on your PC, Mac, smart phone, tablet or Kindle device. You're about to discover proven steps and strategies for maintaining a healthy colon and ways to reduce your risk for colon-related illnesses. We often think that our brain is in charge of our body because it steers it; or our heart's in charge because it nourishes it; or that our lungs are in charge because they fill us with life. I am here to tell you that they all take a backseat to the colon. Yes, I am telling you that the part that takes out your trash is much more important than the part that gets your groceries! The colon is often treated as a "second-class" organ because it deals with your waste. But we need to change our mindset and give our colon the care and respect it deserves. Here Is A Preview Of What You'll Learn... Anatomy of the Colon Functions of the Colon How many bowel movements should I have in a day? Why is the size of my bowel movement important? What causes constipation? Diet Recommendations for a Healthy Colon Exercises for a Healthy Colon What is a Colon Cleanse? Colorectal Cancer Much, much more! Download your copy today! Tags: Colon Health, Colon Cleanse, Colon Cancer, Colon Health Guide, Colon Diet, Colorectal cancer, Colon Cleansing

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Customer Reviews

I really learned a lot by reading this book. It contained good information and it was written in a format that was easy to comprehend. MA

As someone who has suffered from a major intestinal disorder, I found this book to be both accurate and very informative. Nutrition is of the utmost importance and essential to longevity in life. Everything happens within the confines of the "gut" and to be uninformed is to be at risk. This book guides you through the essentials and provides fantastic information with regard to health and nutrition via diet. You must pick this up even if you have a gut that is rock-solid!

This book was an interesting and informative read. There were a few editing errors that caught my attention, but the overall feel and easy way his book was written allowed me to overlook them. If you are wanting to know how to take care of yourself and your colon, this book is for you.

I really enjoyed the diet recommendations, as well as the exercises! It's well written, clear to understand.

Helpful and informative! A great read for anyone interested in improving their colon health.

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