

Kristina Amelong's Ten Days to Optimal Health



A Guide to Nutritional Therapy and Colon Cleansing



10-day Milestones in a 35-day Program

Ten Days To Optimal Health

Dr. Mark Hyman



Ten Days To Optimal Health:

Ten Days to Optimal Health Kristina Amelong, 2006 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 **The**

Blood Sugar Solution 10-Day Detox Diet Dr. Mark Hyman, 2014-02-25 Dr Hyman s revolutionary weight loss program based on the 1 New York Times bestseller The Blood Sugar Solution supercharged for immediate results The key to losing weight and keeping it off is maintaining low insulin levels Based on Dr Hyman s groundbreaking Blood Sugar Solution program The Blood Sugar Solution 10 Day Detox Diet presents strategies for reducing insulin levels and producing fast and sustained weight loss Dr Hyman explains how to activate your natural ability to burn fat especially belly fat reduce inflammation reprogram your metabolism shut off your fat storing genes de bug your digestive system create effortless appetite control and soothe the stress to shed the pounds With practical tools designed to achieve optimum wellness including meal plans recipes and shopping lists as well as step by step easy to follow advice on green living supplements medication exercise and more The Blood Sugar Solution 10 Day Detox Diet is the fastest way to lose weight prevent disease and feel your best **The Swiss Secret to Optimal Health** Thomas Rau, Susan M. Wyler, 2009-01-06 Now in paperback a

world renowned physician shares the secrets that draw international clients to his clinic For almost 50 years people have traveled to the Paracelsus Clinic in the Swiss Alps There Dr Thomas Rau s unique diet rejuvenates his clients while preventing and curing illness Lauded as the Mozart of medicine Dr Rau is the world s foremost practitioner of biological medicine At last he reveals his unique Swiss health plan a proven program based on the latest medical research that will Purify the body Regulate pH balance Strengthen the immune system Encourage healing Prevent illness Help readers feel young and energetic in body and mind Proven effective time and again Dr Rau s program can reduce or even eliminate a lifetime of toxins alleviate chronic conditions like allergies arthritis and diabetes and promote weight loss and overall well being With Dr Rau s Swiss program everyone can begin to enjoy the numerous health benefits of the Swiss Secret **What My Brother Knew** Kristina Amelong, 2025-05-27 For readers who were inspired by Alua Arthur s Briefly Perfectly Human an emotional eye opening account of one woman s journey from loss and abuse to healing and spiritual awakening As a boy Jay

Amelong predicted the accident that caused his death down to the color of the car that hit him I will die young while riding my bike he told friends and family repeatedly It won't be much longer I want you to be prepared These were baffling words to hear from the mouth of a content thirteen year old but when Kristina Amelong was only seventeen her brother's tragic death unfolded exactly as he said it would radically changing her life Propelled down a self destructive path of drug addiction and reckless sex Kristina spent much of her young adult years wanting to die Once or twice she came close Always Jay's bizarre story and his inexplicable acceptance of his own death lived in her body More than thirty years after losing Jay Kristina embarks on a journey of discovery seeking truth about herself her brother and the universe The result of her investigation is a memoir that defies belief Charting a life path from loss and abuse to healing and spiritual awakening What My Brother Knew demonstrates the transformative power of facing the mystery of death head on and our incredible ability as humans to do just that

Hidden Bible Health Secrets Reginald Cherry, 2017-05-02 Achieve optimal health and improve your quality of life by uncovering holistic health secrets from the Bible Whether you have questions about vitamins or are battling heart disease diabetes vision problems or menopause Dr Reginald Cherry removes the guesswork and answers frequently asked questions that point you towards better health In Hidden Bible Health Secrets Dr Cherry reveals how to use God's ultimate health secrets wisely and effectively and experience strength vigor and power for life Optimal Health Randy W. Martin, 1999 Optimal Health offers a comprehensive overview of holistic medicine and tells you how to understand your symptoms choose a doctor and create an optimally healthy mental physical and spiritual lifestyle Book jacket

Gutbliss Robynne Chutkan, MD, 2014-10-07 A renowned physician shares her complete 10 day digestive tune up for women with important revelations about good gastrointestinal health Many so called cures for women's bloating and indigestion from juice cleanses to specialty diets are based on junk science For women seeking true relief from that overall feeling of discomfort in any size jeans Dr Robynne Chutkan has the perfect plan for feeling light tight and bright in ten days Gutbliss offers A primer on the real reasons for gastrointestinal distress and why it's much more common in women A look at the debilitating side effects of supposedly healthy habits from Greek yogurt to bloat inducing aspirin An expert analysis of symptoms that could indicate a serious underlying condition An indispensable checklist to pinpoint the exact cause of your bloating Just a few small changes in diet lifestyle and exercise can make a huge difference in a woman's digestive health but the changes have to be the right ones Going beyond the basics of top sellers such as Wheat Belly Dr Chutkan's Gutbliss empowers women to take control of their gastrointestinal wellness

The Perfect Diet Otis A. Plunk, 2013-10-18 Otis A Plunk MD is a board certified sports medicine physician and practitioner of preventive medicine who prides himself on changing people's lives for the better He has had great success helping patients lose weight and make a start toward healthy living Now he shares the ideas that brought about that success with a larger audience in this practical and actionable guide He brings the perfect diet to the masses and provides a blueprint to achieve targeted weight goals You can add years to your

life by boosting your health avoid pitfalls that could derail your progress and enjoy a variety of foods while losing weight The guide also includes a complimentary membership to the companion website www.perfectlifediet.com This website allows customization of the books recipes and meal plans and provides a motivational structure with functional content to ensure long term success Anyone can use this diet without spending a large amount of time learning nutrition meticulously preparing meals or following bizarre eating rules Get the guidance you need to lose weight and start living healthy with The Perfect Diet

Miracle Food Cures from the Bible Reese Dubin,1999-04-01 An ever growing body of scientific research demonstrates the importance of holistic treatments that focus on the mind body connection for good health In this regard the folk remedies of the ancient peoples often prove astonishingly effective This practical guide helps readers apply the remarkable healing power of many of the foods and herbs described in the Old and New Testaments to common ailments From the use of red wine to cure bacteria and viruses to the arthritis easing and wrinkle removing properties of olive oil this treasury of practical and inspirational healing secrets includes The sacred medicinal drink that prevents blood clots relieves pain and melts fat off artery walls Real life examples that demonstrate the curative power of plant oils figs grapes red wine The amazing health giving power of a blessed grain Information on how doctors and patients have treated canker sores high blood pressure tuberculosis cancer and heart disease

The No Breakfast Plan and the Fasting-Cure Edward Hooker Dewey,2019-11-21 In *The No Breakfast Plan and the Fasting Cure* Edward Hooker Dewey presents a provocative exploration of dietary practices rooted in the principles of fasting and the elimination of breakfast The book interlaces rigorous scientific examination with an accessible literary style making complex nutritional concepts digestible for an audience eager to understand the transformative potential of dietary changes Dewey s work emerges in the early 20th century during a burgeoning interest in holistic health approaches and alternative medicine positioning his theories within the context of the era s evolving attitudes towards nutrition and wellness Dewey a prominent figure in the health reform movement draws upon his personal experiences research and observations in formulating the philosophies presented in this text His advocacy for fasting as a therapeutic cure reflects both a reaction to contemporary dietary habits and an alignment with historical practices in various cultures Dewey s thoughtful combination of empirical data and anecdotal evidence manifests his commitment to promoting a healthier lifestyle informed by rigorous self examination and natural remedy Readers seeking to challenge conventional dietary norms will find *The No Breakfast Plan and the Fasting Cure* an enlightening guide Dewey s insights encourage a re evaluation of ingrained eating habits providing a compelling argument for the benefits of fasting and minimalism in diet This book is not only a practical manual but also a call to embrace alternative approaches to health and longevity In this enriched edition we have carefully created added value for your reading experience Hand picked Memorable Quotes shine a spotlight on moments of literary brilliance Interactive footnotes clarify unusual references historical allusions and archaic phrases for an effortless more informed read

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