

# 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

**Shellie Goldstein**



## **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 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 **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 **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

*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

*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

*Powerful Paleo Superfoods* Heather Connell, Julia Maranan, 2014-05 DIV Powerful Paleo Superfoods is your essential guide to getting the best out of your caveman lifestyle with the top 50 Paleo approved superfoods from the power proteins super fats fruits greens and vegetables div

*Taekwondo Poomsae: The Fighting Scrolls* Kingsley Umoh, 2014-07-10 This martial arts book digs deep into the standard Taekwondo patterns to extract proven fighting methods that unite ancient philosophy and strategy to teach effective tactical self defence The book follows

the history of the Korean people starting with the myths of its origins dating from 2333 BC and its culture focusing on the important historic influences of the surrounding nations All of these have combined in the development and evolution of the Korean fighting art of Taekwondo These ancient and deadly fighting techniques have survived over several millennia ever since people first defended their lives and property from wild beasts and ravaging bands of criminals The first part of the book shows simple techniques that have been refined using analysis gained by Koreans over the centuries It is presented in a careful mix of physical exercises that are designed to develop spontaneous response from muscle memory in the event of an unavoidable attack The second half introduces more advanced students of the martial arts to more complex fighting tactics and the profound philosophy taught to black belts and is aimed at uniting body mind and spirit *Transforming Retirement*

Janis Clark Johnston,2023-05-05 People are naturally worried about transitions at any stage of their lives and retirement transitioning presents unique challenges because you realize that your life clock is ticking faster with each passing year Beyond financial concerns your true wealth is determined by how you spend your time and how you care for your health Retirement represents a rich psychological growth time and successful aging is characterized by cultivating a growth mindset alongside a healthy dose of grit or passion plus persistence This book shares insights from a survey of 125 participants all of whom are 55 or older on retirement beliefs and time management The author encourages retirees to embrace the concept of rewiring their brains in a psychological reboot applying to both work and non work scenarios Each chapter presents rewiring exercises that prepare space for new possibilities to germinate immediately and possibility time exercises that foster digging deeper into legacy roots for shaping days where you can flourish Seasoned citizen years have the possibility of becoming your greatest life plots when you rewire your personality and ability skillset **Your Best Face**

**Now** Shellie Goldstein,2012-04-03 Expert acupuncturist and top skincare specialist Shellie Goldstein presents a 20 minute a day acupressure system that promises to rejuvenate facial muscle and reduce wrinkles Cosmetic acupuncture is today s hottest antiaging treatment and no one knows it better than Shellie Goldstein Her signature AcuFacial r has made this licensed acupuncturist one of the top skincare specialists in Manhattan and the Hamptons with a devoted clientele including Rosanne Cash and Martha Stewart many of whom pay 500 per treatment to experience its dramatic benefits Now everyone can reap the benefits of Goldstein s AcuFacial r on their own at home with acupressure a unique therapy that uses massage instead of needles to lift sagging facial muscles reduce wrinkles and return youthful vitality to skin tone Illustrated with amazing before and after photos and providing simple step bystep easy to follow instructions diet recommendations recipes and skincare tips Your Best Face Now teaches everyone how to erase the lines of time on any budget in just twenty minutes a day Alternative Medicine Larry Trivieri, Jr.,John W. Anderson,2002 21st Century Science Collection *The Holistic Cat* Jennifer A. Coscia,2009-01-27 Written in an accessible and engaging style for both seasoned cat lovers and first time owners The Holistic Cat focuses on disease prevention and provides specific tips for raising a cat in a healthy safe environment

Author Jennifer Coscia combines many years of experience as a nutritional consultant and as the owner of an animal rescue adoption organization to cover a range of topics including nutrition conventional vs holistic healthcare and the use of complementary veterinary care indoor vs outdoor cats vaccine related illnesses household and outdoor hazards disease specific advice and how to make suitable arrangements for care while traveling and moving Coscia also explores how overuse of vaccines and drugs in veterinary care along with chemicals and contaminants in pet foods and the water supply have radically increased disease in cats The Holistic Cat contains inspiring first person rescue stories complemented by vibrant photographs This indispensable resource teaches a new approach to feline health and is also a valuable guide for veterinary students who want to learn about using alternative modalities to treat these extraordinary creatures **The Ayurvedic**

**Approach to Cancer** Sam Watts, 2025-02-06 Harness the power of your body to heal through clinically proven natural Ayurvedic holistic practices Optimise your mental and emotional health using the psychology of exceptional survival Understand practical straightforward changes to your diet to boost your natural immunity and gut health Practise the science of circadian medicine as well as the healing benefits of nature immersion meditation and visualisation breathing techniques and clinically proven herbal medicines and supplements The Ayurvedic Approach to Cancer aims to break new ground with its unique approach to supporting those living with cancer by integrating the holistic practices of Ayurveda a natural system of medicine with the most advanced cutting edge science from the field of exceptional cancer survivorship research Sam Watts has a PhD in cancer survivorship from the University of Southampton He is also a trained clinical practitioner of Ayurveda Sam has led large scale NHS funded clinical investigations of people living with incurable cancers who defy the statistical odds Sam's research has been focused on finding consistencies in the practices that the majority of these cancer patients adopt because he believes that it is very likely that these practices will help us understand what allowed them to become exceptional His research has indeed found such consistencies and as an Ayurvedic practitioner he has also realised that the majority of them fall under the framework of Ayurveda Over the last decade Ayurveda has become one of the most utilised forms of complementary medicine adopted by those living with cancer In this book Sam has integrated his exceptional cancer survivorship research and Ayurveda practices into a practical and easy to follow blueprint that will engage the body's natural ability to heal so you can live with cancer with vitality well being and optimism The Plant  
Medicine Protocol William Siff, 2023-10-10 A groundbreaking protocol for minimizing inflammation boosting energy building immunity improving digestion and so much more with the extraordinary power of medicinal plants The power of medicinal plants is life changing When integrated properly into our lives they are uniquely capable of fine tuning and strengthening our vital systems They help to enhance digestion balance the nervous system increase energy improve sleep promote resilience to stress reduce inflammation elevate mood and cognition increase libido and fertility boost immunity support detoxification nourish the microbiome and rehydrate the system And all you have to do Eat drink smell share and otherwise enjoy them

Written by William Siff a licensed acupuncturist clinical herbalist and ethnobotanist who practices Ayurvedic and Traditional Chinese Medicine The Plant Medicine Protocol is a comprehensive and easy to follow guide to integrating medicinal plants into daily life Closely mirroring the approach Siff uses in the clinic and grounded in time honored longevity practices of the world s healthiest cultures the protocol is an effective enjoyable and practical approach to achieving optimal health making us feel more energized vibrant and alive along the way From starting the morning with a Chia Aloe Lime Rehydrator to mixing up a Nutmeg Saffron Deep Sleep Elixir before bed ingesting medicinal plant compounds in moderate amounts every day adds up contributing to a natural resilience and vitality that fortifies us for a long healthy life Plants like ginseng ginger sea moss and lavender contain a host of vital nutrients and unique phytochemicals that accelerate healing and repair while encouraging essential body systems and cellular mechanisms to function at their best And easy recipes like Sparkling Rosemary Limeade Peanut Butter Maca Goji Berry Smoothies and Cacao Adaptogenic Energy Balls ensure that saturating your life with these medicinal plants is as practical as it is delicious      *Whole Motion* Derek Beres,2017-07-18 Modern fitness is not just about how we move our bodies it s about how we move our brains as well Whole Motion offers a complete picture of how to strengthen your resolve gain laser sharp focus boost your ability to remember calm your anxiety levels master your emotional responses and embody your body like never before Author Derek Beres uncovers the latest research in how the brain is affected by a number of different exercise formats The book offers sample workouts designed to give your brain the greatest stimulation and regeneration possible Whole Motion is divided into two main sections In the Movement section Beres looks at the movement science and neuroscience behind Feldenkrais strength training HIIT yoga and meditation He reveals the latest research behind each movement discipline and incorporates anecdotal examples from clients and students He also includes information on when and why to perform each exercise In the Mind section Beres investigates the other side of fitness nutrition regeneration flow and disruption as well as how to choose music for optimal workouts and the neurological cost of distraction This section is the lifestyle component focusing on how to create the best environment to achieve a sense of completeness in brain and body      *Living in Victory* Joel Comiskey,2020-07-14 Christians desire to grow in their relationship with God They want to flourish to experience victory in their Christian lives They want to live in the overcoming power that the cross provides But they are stuck They are like my friend John who works sixty hours per week sits in two hours of traffic each day and carries the burdens of the world on his shoulders He and his wife Jenny love each other or at least they used to They now spend their time together carting their kids to activities after driving through Taco Bell for dinner Every week John sits in the second row at church listening to the pastor and he and Jenny volunteer in the children s church But he told me last week that he is exhausted On the surface he has a good life but deep down he is drowning He has no real victory How does someone like John stem the tide How does he start living the victorious lifestyle Jesus came to offer Many find the answer in promises of a magic pill something that provides a quick fix But such fixes don t

exist The victory of God is an ongoing lifestyle while adopting and applying certain priorities that prepare and equip us for life True victory comes in heaven and not on earth And only the Spirit of God living through the believer based on God s Word can give true victory But there are basic principles that God has used throughout the centuries to encourage believers and give them victory In this book I ve pinpointed nine principles and priorities that will help a believer live a victorious Christian life They are victory in preparing for eternity victory in experiencing God s love victory in God s grace victory in God s sovereignty victory in spending time with Jesus victory in close relationships victory in the local church victory in rest victory in healthy living These nine priorities will help you understand and apply principles that are simple biblical and time tested to produce spiritual emotional and physical benefits My aim is to stimulate you to live these biblical truths while allowing the Holy Spirit to transform you      Power of the Pedal Rupert Guinness,2018-10-01 In Power of the Pedal read about cycling in Australia from the penny farthing to 21st century commuters and Olympic stars Bicycles changed our lives They meant a new and faster way to get around and gave rise to ways of exploring socialising and competing In the nineteenth century cycling encouraged overlanders adventurers who explored new routes through rugged terrain cycling clubs that gave women a new kind of freedom to mix socially with men and novel kinds of racing In this book cycling journalist Rupert Guinness reveals 200 years of the bike in Australian everyday life and the world of competition

**Achieving sustainable production of milk Volume 3** Emeritus Professor John Webster,2017-08-07 Reviews advances in understanding and improving the welfare of dairy cattle Summarises current research on rumen biology digestion and ways of optimising nutrition of dairy cattle from grazing to feed and feed supplements Discusses latest developments in maintaining the health of dairy cattle including the genetics of disease resistance and dairy herd health management



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