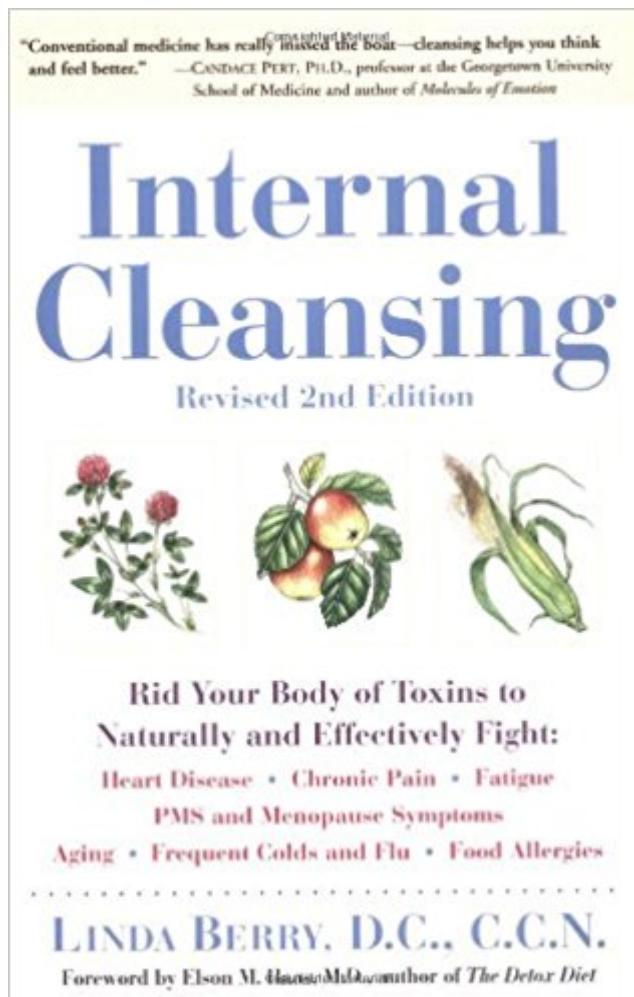


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# Internal Cleansing : Rid Your Body Of Toxins To Naturally And Effectively Fight Heart Disease, Chronic Pain, Fatigue, PMS And Menopause Symptoms, And More (Revised 2nd Edition)





## Synopsis

Cleanse Your Body of Pollutants and Other Impurities Why not feel gloriously better? Every day our bodies are bombarded with pollutants from food, air, and stress. This buildup of toxins is bad for you and ultimately leads to fatigue, depression, and a host of other chronic health problems. In this book are ways to help you give your body a fresh start and achieve vibrant good health. You will learn how to:

- Recognize and avoid toxins in air, food, and water
- Use herbs, fiber, and therapeutic food powders for cleansing
- Enjoy tasty recipes and follow a healthful diet to complement cleansing
- Improve your digestion, your outlook on life, and your overall health

"A wonderful, integrated approach towards cleansing. All individuals who are trying to make their way in a congested, polluted, toxic world will greatly benefit." —Jeffrey S. Bland, Ph.D., author of The 20-Day Rejuvenation Diet Program

"Menopause and perimenopause are times of great transition. Dr. Berry's book will help women make that time easier and more enjoyable."

—Mary Ann Mayo, coauthor of The Menopause Manager

"A comprehensive and readable guide that should become a valuable companion for all who are intent upon improving their lives and living well." —Efrem Korngold, L.Ac., O.M.D., coauthor of Between Heaven and Earth

"Conventional medicine has really missed the boat." —cleansing helps you think and feel better.

—Candace Pert, Ph.D., professor at the Georgetown University School of Medicine and author of Molecules of Emotion

## Book Information

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## Customer Reviews

## Cleanse Your Body of Pollutants and Other Impurities

Cleanse Your Body of Pollutants and Other Impurities Why not feel gloriously better? Every day our bodies are bombarded with pollutants from food, air, and stress. This buildup of toxins is bad for you and ultimately leads to fatigue, depression, and a host of other chronic health problems. In this book are ways to help you give your body a fresh start and achieve vibrant good health. You will learn how to:

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This book was quite informative. Certain sections were fairly indepth - for instance the Toxins in Our Food and Environment Section was extensive and easy to understand. The self-exam section and pictorials are good, but also in other publications. The first part of the book could have been a more informed overview, thus more understandable for people not attuned to the aspects of inner cleansing. My biggest problem with this book, and it is a very big one, is that it recommends a few company's products, which are not necessarily the best on the market. Some are powdered nutrients that aren't totally accessible to constipated systems and some are fiber capsules that can be self defeating, even harmful for some people. The formulas suggested from different companies and Multi-level Marketing organizations, are not balanced, and throw together herbs for different body systems ( we can't just throw together some wonderful herbs and expect them to work in a balanced manner for that specific body system, which just confuses the body's natural cleansing function), laxative or stimulating herbs (which should never be taken for any length of time), and not relating to consumers that need to effectively and safely cleanse the body. We must gently, but totally cleanse each body system (or organ) separately. Other than 'the fiber capsules', the colon

cleansing recommendations is adequate, but the information and products on the other organs or problems (liver, kidneys, arteries, lungs, parasites) is not up to date or very informative. If this book was more objective (without selling products), it would be much more credible.

This book is more than I imagined. I had done a cleansing fast in late 2005 with my Chiropractor at the time and she used the first edition of this book for that fast. I did not know at the time but I was showing signs of Lupus and had my hair falling out in gobs!! No one could tell me what was going on. After the fast I felt much better and had more energy and my hair stopped falling out for awhile. But, when the toxicity built up again I was in poor health again. Little did I know that some of my health problems were due to eating wheat. I no longer eat wheat and have less problems. Also, my Rheumatoid Arthritis is only active when I have sugar, especially table sugar (white sugar). I mostly use honey and real maple syrup nowdays. It's not worth having pain and inflammation. I have learned a lot more useful information and believe that nutritious food (mostly organic) and not chemicals and clean water are the best ways to good health. I really hope that more young people will start being concerned about their health as well as their babies and small children. Maybe some of our worst diseases including cancers can be irradiated without drugs. This is a MUST READ for anyone concerned about good health!!!!

I have had this book (Internal Cleansing) for several years and have used some of the recipes. Better than that, it serves as an excellent reference for when I need a reminder of how important internal cleansing is, and even better than that, it shows how that can be enjoyable and not a chore. So when a friend mentioned some minor ills she has I thought of this book and bought one and sent it to her.

Excellent item. I have it for quite sometime and I am very thrilled by its effectiveness. I couldn't ask for anything better. It teaches you so much more.

The one point I took away from Dr. Linda Berry's book was: No matter how great we look on the outside, if our insides are not healthy our outside beauty will quickly fade. Just as our house only smells and runs as clean as our septic and plumbing system, our body is as clean as our internal septic and plumbing system- the bowels of our inner-house. Internal Cleansing explains complex subjects like Biochemical Stress and simple ones like ways to "Clear the Air" in easy to understand text. Dr. Linda Berry's book not only spotlights problems, it offers solutions and contains charts,

recipes and suggestions for supplements that are sure to keep your pipes and engine running clean and smooth for many years.Kathleen O'Keefe-Kanavos- author & Radio Host

comfortable,nice . very fast, receive it next day. it is a very useful tool, Beyond what I expected! The price made it that much better... The seller was great he reached out to me asking how I liked the item and I felt he was genuinely caring what my opinion . Great product 5 star.

This amazing book offers you a comprehensive approach in a simple, written well and researched way to take control of your own health. It has several assessments including ones on your metabolic functioning, pH levels, liver and kidney functioning and ways to understand your own tests results. It outlines holistic solutions for all types of problems plus herbal remedies to help enhance your health in many different ways. I love this book and plan to use it as my step-by-step approach to better and more conscious health so that I know what is going on in my body first before I ever consult with a doctor.

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