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Self Healing Colitis & Crohn's 4th Edition

David Klein

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This is the 4th edition of the best-selling natural self-help book for any inflammatory bowel disorder. It teaches the principles of self-healing based in true health science. This complete wholistic wellness guide is the culmination of Dr. Klein s 27 years of health experience since healing himself after 8 years of severe ulcerative colitis in 1984, plus his experience with thousands of clients, 99% of whom successfully healed since 1993 via his Colitis & Crohn's Health Recovery Center. Rooted in the Natural Hygiene self-healthcare system, this guide book contains the clear, step-by-step, medically-endorsed diet & wholistic lifestyle program which has conclusively proved to be the definitive natural way to heal IBD & IBS. Disease only occurs if we cause it. IBD & IBS are completely reversible when we remove the causes & live healthfully. This book served as the author's thesis for his Hygienic Doctor degree. It answers virtually every question which has arisen in over 15,000 consultations. Deep, clearly-written chapters explain the purpose of disease, & how to heal & maintain a lifetime of vibrant health. It accurately explains the many factors and primary cause of inflammatory bowel disease and ulcers: toxic, acidifying, undigestible diets. It presents a naturally liberating dietary healing plan based upon true health science, grounded in physiology. The book explains that inflammation and ulcerations are heightened self-purification / self-healing actions conducted by the body in response to an overload of dietary toxins in the bloodstream, tissues & bowel. It addresses the many factors that may contribute to bowel inflammation & ulcers, & shows how IBD, IBS and any digestive disorder can be permanently overcome via proven dietary and health-promoting lifestyle practices in line with our natural biological mandates. The 100% effective Vegan Diet Healing Plan teaches step-by-step how to eat for rapid healing & long lasting health. It is described in great detail with clear guidelines. It removes the toxic dietary factors which have been proven to cause all forms of IBD, and implements our natural, biologically-correct, most nutritious, purifying, easy-to-digest & healthful diet with a healing & health-promoting program of rest, extra sleep, detoxification, internal cleanliness, emotional release, positive thinking, exercise & other natural lifestyle practices for the restoration & preservation of health. It provides an extensive list of the toxic, indigestible, inflammation-causing foods & other pitfalls to avoid. Countless people have thrived on this Natural Hygiene program for decades. After thousands of clinical cases, the author & several other Medical & Hygienic Doctors have concluded that this natural Hygienic approach is the only true way to heal and keep healthy because it is based on an accurate understanding of human physiology & our biological requisites for health. It involves no medicines, treatments or products; the body is a self-healing organism and it does its healing work perfectly when he provide the conditions for healing. This information saved the author's colon and life in 1984 after suffering with advance ulcerative colitis for 8 years & a colostomy was recommended. Thousands have permanently overcome inflammatory bowel illness by following this plan. The author, a Hygienic Doctor, has personally guided over 2,500 clients to disease-free health. The book was endorsed by 4 medical doctors including 1 gastroenterologist who works with Dr. Klein. This is not a plan for managing IBD and IBS, a quick-fix gimmick that works for only some people, or a program that the author invented based upon unproven theories. Instead, it is based upon factual principles of health science teaching us how to remove the causes of IBD and IBS, fully unleash our self-healing powers & promote lasting wellness.

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