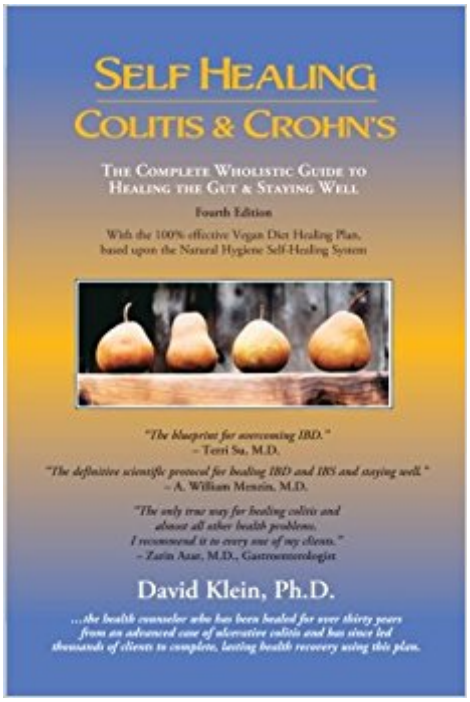
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Self Healing Colitis & Crohn's 4th Edition



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Synopsis

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.

Book Information

Paperback: 312 pages

Publisher: Colitis & Crohn's Health Recovery Center; Fourth edition (August 25, 2011)

Language: English

ISBN-10: 0971752656

ISBN-13: 978-0971752658

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 91 customer reviews

Best Sellers Rank: #235,852 in Books (See Top 100 in Books) #145 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal #802 inÃ Â Books > Health, Fitness & Dieting > Alternative Medicine > Healing #1720 inÃ Â Books > Health, Fitness & Dieting > Nutrition

Customer Reviews

My son Byron (who in 2006 at age 17 was diagnosed with Crohn s) recently confided in me that one year ago he wanted to commit suicide. At that time he was confined to bed with painful fissures, anal tears, mouth ulcers, stomach cramps, diarrhea, bowel incontinence, hot and cold sweats and a host of other miserable complaints. He had endured months of illness and hospitalization and, despite drug treatments, he was not improving. Then your Self Healing Colitis & Crohn s book arrived. He began the diet immediately and within three days the fissure pain was gone and he was up and moving around. We have since proved every single word of your book to be true. Byron s recovery went exactly as you described it would. He followed the steps carefully, reducing the drugs. We know your work has saved Byron from a life of hell. Today, one year after receiving your

book, he is entirely drug-and-symptom-free. His weight has increased from 45 kg to 62 kg. He is an active young man who looks and feels great. I am also very happy to report that he now has a vegan girlfriend. Byron lives by the Vegan Post-healing Diet and finds it easy to stick with. We spend far less time on food preparation than we did before, and we now spend absolutely no money on drugs, supplements or medical consultations. When the doctor recently labeled Byron s excellent condition clinical remission, we confidently told him this will continue for about another 75 years! Byron and I believe you have provided him with the cure. Over the six months prior to receiving your book, his medical treatments cost approximately AUS$15,000. Your regimen cost us only the price of the book and one in-person consultation fee when I was fortuitously able to meet with you in California last year. We thank you for so much. Please add Byron s story to your list of testimonials. I am happy to have my e-mail address posted on your website for those who read your Are You Skeptical section, and I will be pleased to share our story. -Julie Smith, Australia * jsm58010@bigpond.net.au (2008) -Client's mother --ClientI've come to learn that my story is not much different from that of other IBD sufferers. I was living a happy and healthy life, when one day, for no apparent reason, I suddenly began to experience abdominal cramps and loose stools. Over time, this progressed to debilitating abdominal pain and 20+ bloody and mucoid bowel movements each day. As I am training to be a medical doctor myself, I naturally turned to traditional medicine for answers. Definitive answers, though, were far from what I got. Nonetheless, traditional medicine was all I knew. So despite its obvious gaps in knowledge on this matter, I took a leap of faith and followed the directions given to me. I tried just about every anti-inflammatory, anti-spasmodic, and over-the-counter analgesic available. I went through numerous courses of steroids and even an immunosuppressant. For about a year, I let the doctors adjust and readjust medication dosages in the hopes that they would eventually find the key and would be able to protect me from having a colectomy. During this year, life as I knew it, was over. I had to take leave from school, lost about 60 pounds, spent 10 days in the hospital, experienced indescribable abdominal pain, became house-bound due to the frequency of bowel movements, took around 20+ pills daily, incurred numerous side effects to these various medications, and spent thousands of dollars on treatments that did not help. My own observations led me to believe that the treatments I was being given were actually worsening my condition. But what could I do? After all, I had to follow the advice of my experienced doctors, right? Wrong. One day, I finally realized that if all these medications weren't helping, then how could I justify the side effects and expense. I understood what the doctors were sayin --ReaderI've come to learn that my story is not much different from that of other IBD sufferers. I was living a happy and healthy life, when one day, for no apparent reason, I suddenly began to

experience abdominal cramps and loose stools. Over time, this progressed to debilitating abdominal pain and 20+ bloody and mucoid bowel movements each day. As I am training to be a medical doctor myself, I naturally turned to traditional medicine for answers. Definitive answers, though, were far from what I got. Nonetheless, traditional medicine was all I knew. So despite its obvious gaps in knowledge on this matter, I took a leap of faith and followed the directions given to me. I tried just about every anti-inflammatory, anti-spasmodic, and over-the-counter analgesic available. I went through numerous courses of steroids and even an immunosuppressant. For about a year, I let the doctors adjust and readjust medication dosages in the hopes that they would eventually find the key and would be able to protect me from having a colectomy. During this year, life as I knew it, was over. I had to take leave from school, lost about 60 pounds, spent 10 days in the hospital, experienced indescribable abdominal pain, became house-bound due to the frequency of bowel movements, took around 20+ pills daily, incurred numerous side effects to these various medications, and spent thousands of dollars on treatments that did not help. My own observations led me to believe that the treatments I was being given were actually worsening my condition. But what could I do? After all, I had to follow the advice of my experienced doctors, right? Wrong. One day, I finally realized that if all these medications weren't helping, then how could I justify the side effects and expense. I understood what the doctors were saying when they strongly advised me not to stop my treatment, but I also realized that no study that they quoted could ever hold a candle to my own experiences. I was slowly and painfully dying at the age of 27, and nothing that they were doing for me was of any help at all. Traditional medicine has done wondrous things for many people, including myself, over the years, but in the case of IBD, it did not have answer for me and I needed to look elsewhere. Everything changed for me when I MIRACULOUSLY found Dave's book online. I don't doubt that I likely would have dismissed his theories as nonsense if I came across them month 1. But I was now in month 11 and was meeting with a surgeon to discuss having a colectomy. So, I read his book and for the first time felt like someone else understood my predicament. The things he said were in direct agreement with my own experiences and observations. For the first time in a long time, I was filled with hope and felt as if this illness might be manageable. I am now at month 15 and have been free of medications and doctor visits. I've spoken to Dave numerous times over the telephone and through email. He has done nothing less than nurse me back to health. Dave has given me my life back. How do you repay someone for that? Many of the doctors I work with are quite interested to hear my story. They are astonished that detox and diet have played such a crucial role in my treatment. Such a concept remains foreign to allopathic physicians. A few of these doctors tell me that they have heard similar stories from some

of their own patients, but in the end, these doctors have no training or understanding of nutrition and natural healing and can do little more than simply listen to my story. -SG, Florida --ClientI read this book like a bible, and I've been getting consultations from Dr. Klein personally. My life is completely turned around for the better. It's an extreme diet change, but worth it for my health. I finally have my life back! I recently had a colonoscopy that showed my Crohns is completely gone after less than a year of following Dr. Klein's program. I'm so blown away, and so happy. This is for real. --V. Varela --Reader

Dr. David Klein has been Director of the Colitis & Crohn s Health Recovery Center, currently located on Maui, Hawaii, since 1993. Dr. Klein is a Hygienic Doctor with a Ph.D. in Natural Health and Healing and a certified Nutrition Educator. Dr. Klein's approach is wholistic and is based upon Natural Hygiene, the world s most successful health science program over the last 200 years. Since 1992, Dr. Klein has counseled over 2,500 clients back to health via the principles of Natural Hygiene and he has occasionally taught nutrition classes and given health and nutrition lectures. Dr. Klein's own unique healing journey, his studies of many disciplines of health science, and his extensive professional experience have given him uncommon insight into the requisites of healing and health, by which he is able to consistently guide people from disease to rejuvenation. Self Healing Colitis & Crohn's served as Dr. Klein's thesis for his Ph.D. Dr. Klein is also Editor of Vibrance magazine. Dr. Klein is also a Professor with the new University of Natural Health. Dr. Klein book Your Natural Diet: Alive Raw Foods is the text for the course Humans Natural Biological Diet. Dr. Klein is on the Board of Directors as a nutritional and healing advisor for St. John s Colonic Center in Bowie, Maryland (colonics are not recommended for inflammatory bowel disease). His book Self Healing Colitis & Crohn was used as the teaching model for a course taught at the Canadian School of Natural Nutrition. He has led many natural health seminars over the last 10 years and co-produced health festivals in northern California. Dr. Klein has thrived on a 100 percent vegan diet of mostly raw foods since 1984. Originally from New Jersey, he also holds a B.S. in civil engineering and worked 10 years in the field of environmental engineering before starting his health education businesses and practice. Leading people to health independence is Dr. Klein's passion.

Must read for people suffering from intestinal disorders.

Good read.

Excellent!

Great book that will help you heal digestive diseases.

I have suffered from colitis and crohns for 7 years. THIS BOOK changed my life in 7 DAYS! I also suffer from celiac, and will not belabor the pain, physical and emotional struggles of having these 3 diseases. I have refused treatment w/ modern prescriptions and went the so-called "natural" route for 5 years. I only became moderately better in beginning, only to experience flareups that became progressively worse. I had spent every dime I had on traditional doctors, natural doctors, vitamins, remedies, to no avail. In desperation I found this book. Having already been vegetarian for 4 yrs and vegan for 8 mos, the transition was not so hard, except for giving up the decaf coffee and salt. As soon as I let go of these things, on day 7, my world turned around! My bowels were normal after 7 years of dysfunction! I replaced my coffee with warm, pure water in the morning. I replaced my grapefruit or gluten free toast with ripe bananas and date smoothies for breakfast and enjoy the lunch and dinner guidelines for the healing phase. I am in DAY 8, after being sick for 2,555 days, not one day without pain and problems, and I am eating without pain, and can feel my body detoxing all the garbage I put in it, hoping to fix my body. Dr. Klein’s analysis is brilliant and true. MY BODY HAS BEEN TRYING TO FIX MY BODY all along! I just had to stop interrupting it. I know several people suffering w/ C&C and am urging them to get off the Big Pharm merry-go-round that just keeps them sicker, promotes disease, and makes a lot of people rich in the process. The anti-inflammatories don’t work. Eating a diet of meat, scrambled eggs, toast and mashed potatoes certainly won’t work. Please, please, please, if you are sick with an inflammatory bowel condition, or just want vital health to be yours, buy this book! It has literally changed my life in a short time. I know because of years of damage from celiac and C&C, I have a way to go and the cravings for the offending foods are tough sometimes, but I know after a few days this is a healthier way to live. Dense, water rich, ripe foods, raw, tasty, nourishing. I never believed I could give up salt, but after a day or two, I actually started tasting the food. Beyond anything else, I, like many C&C sufferers reached the point where I would do anything to get better. I am grateful for this book and carry it with me every day so I can re-read the foods and plan for the healing stage I am in. I can’t wait until I am in post-healing! Thank you Dr. Klein for your revolutionary work in this area.

Great lots of great information.

one of the best possible resources for beating Crohn’s

Great book!

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