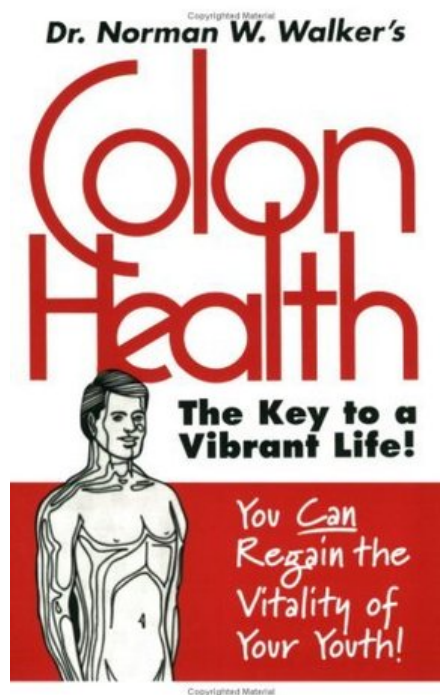




Colon Health Key to Vibrant Life: The Key to a Vibrant Life

Norman W. Walker

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Colon Health Key to Vibrant Life: The Key to a Vibrant Life Norman W. Walker

Dr. Walker focuses your full attention on this forgotten part of the body. He will lead you on a tour of each vital organ of your body explaining how it is affected by the condition of the large intestine, the colon. Learn how through proper care of the colon you can prevent and experience relief from constipation, asthma, colds, allergies, respiratory disorders, digestive problems and numerous other ailments.

Colon Health Key to Vibrant Life: The Key to a Vibrant Life Details

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margaret rose hartwell says

Excellent.

Simple to read and to the point. Every household needs to have and read this book. Short and concise and easy to understand.

Layla says

This is a great book about one the most important organs of the body and how it relates to all the other organs. Its amazing how much we overlook the health of the colon, I know I have for a long time, especially since so much of our health relates to it. Norman Walker writes with lots of care not only for the body but he looks at the metaphysical aspects too. A great health book.

Genevieve says

this book is truth!

Marina says

libro insoddisfacente. Il testo proponeva di spiegare come mantenere la salute del colon, ma la spiegazione sui lavaggi del colon si riduce a poche frasi senza approfondimento della metodica. Viene solo consigliato di rivolgersi ad un esperto. Si dilunga sulla fisiologia dei vari organi, in modo impreciso e non scientifico. Pur essendo la dieta fondamentale, non approfondisce mai l'argomento. Lo definirei simile a una recensione, che dice e non dice. Non mi sento di consigliarlo è troppo vago e impreciso.

Roger Bailey says

Oftentimes it is obvious at first glance that a so-called health book is pseudoscientific quackery. Other times I have to start reading it to tell and when that happens I find myself making excuses for it until it becomes undeniable quackery. In the latter case I am often suspicious before I decide, but every time I am suspicious my suspicions are born out. That was the case with this book. First, I was suspicious before I even started reading because I understood that the author would prescribe colonic irrigation for virtually any ailment that might afflict one. My excuse was that specialists are, of course, going to emphasize the virtues of their specialty and bypass other considerations with the best of intentions. Then my suspicions were increased when I started reading and noticed that the author kept making references to cosmic vibrations and god. As for the cosmic vibrations, my excuse was that authors often make pretty free use of metaphoric writing. Properly that should be used to clarify, but all too often it is used to impress or to deliberately obscure to

make the point seem mysterious and revelatory. Metaphor does not necessarily mean that it is incorrect though. As for god, there are actually physicians who have religious convictions and yet practice scientific medicine that is helpful and not harmful despite the religion. The religion still increased my suspicions though. What really clinched my suspicion of quackery, though, was when he started to deny that viruses cause colds. In fact, he strongly implies that he does not even believe in the existence of viruses. After that I had to take everything with a very large grain of salt, but I continued to read anyway. The rest of the book is filled with much misinformation, but that misinformation is mixed in with enough truth to give it credibility. I will not try to remember every false statement to repeat them here, but I would advise reading something based on real science for your health advice.

Kaitlyn says

He's a G. I'm going to get a colon irrigation one of these days.

I thought I already changed this to "read"?

Merna says

Probably the most shamelessly advertising medical book I've ever read before. The fact that it praises colon irrigation at least twice in every page isn't exactly a good thing. It was simply horrific.

Pavel says

Well, Norman W. Walker died at the age of 99. So he must have done something right. Right?

My biggest problem with this book is that on almost every page it recommends colonic irrigation. And it's supposed to be the holy grail to treat all illnesses.

If you have:

Cancer? ... colonic irrigation.

Depression? ... colonic irrigation.

Kidney, heart, liver, lungs or testes issues? ... You guessed it. ... colonic irrigation.

Some of the premises don't make any sense and there is no evidence for the claims - removed tonsils as a cause of melancholia ?!?

I didn't mind the book as I agree with the main premise - healthy colon is really important and can probably prevent various diseases (especially auto-immune).

But this is 21st century - we already know that and there are much better ways to clean your colon in top shape.

Austin says

short and easy to grasp
