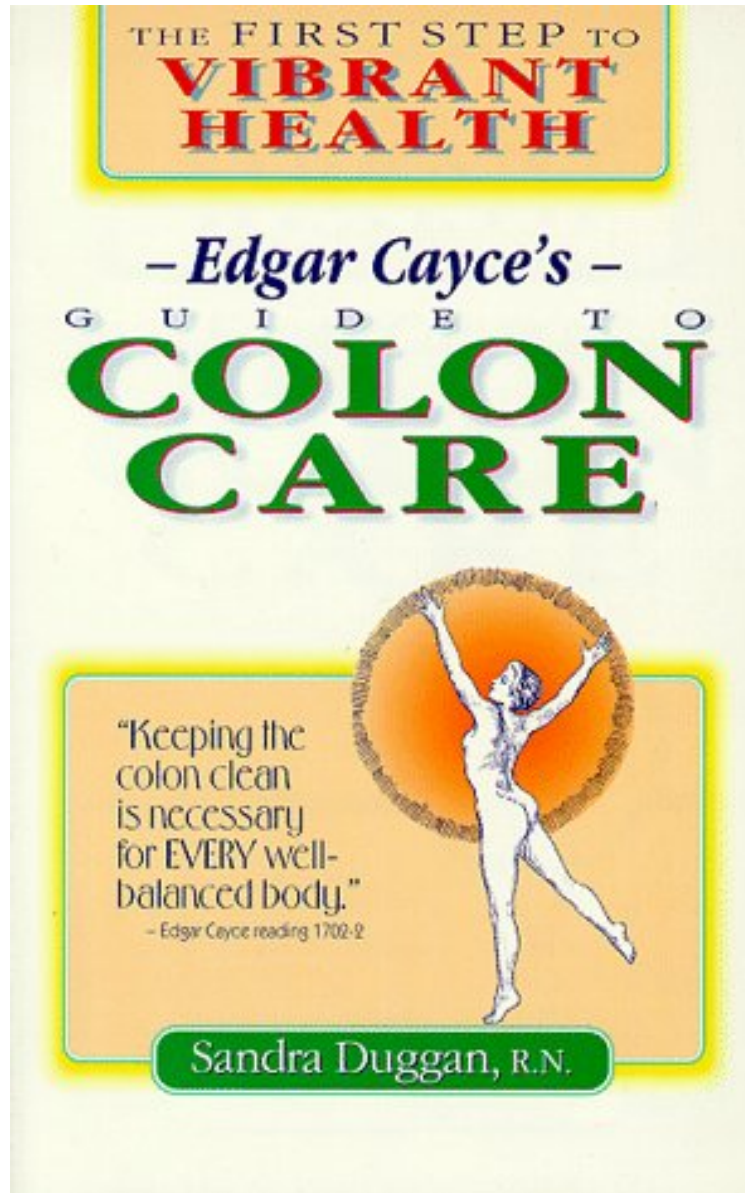


(Download free ebook) Edgar Cayce's Guide to Colon Care: The First Step to Vibrant Health

Edgar Cayce's Guide to Colon Care: The First Step to Vibrant Health

Sandra Duggan

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Sandra Duggan : Edgar Cayce's Guide to Colon Care: The First Step to Vibrant Health before purchasing it in order to gage whether or not it would be worth my time, and all praised Edgar Cayce's Guide to Colon Care: The First Step to Vibrant Health:

43 of 45 people found the following review helpful. Very explicit and detailed. Amazing information. By Stacey Dawn Brody This book completely changed (or should I say got me to pay attention to this very important subject)--the way in which I regarded proper colon care and maintenance. Ms. Duggan is very detailed in the information she conveys (which perhaps if done in an otherwise and unprofessional manner, might have been embarrassing). She very matter-of-factly and scientifically teaches and relates her experiences, starting with her first job giving colonics (a registered RN, something she had never done previously) and culminating in her wealth of experience and knowledge. We feel like we are actually learning with her. And it is a subject with should be more of a priority with us. Proper colon care can be directly relative to diet, back pain, health, high blood pressure, indigestion and a host of other things. I can't imagine anyone NOT benefiting greatly from reading this book. 0 of 0 people found the following review helpful. Five Stars By Customer Great resource 3 of 3 people found the following review helpful. Five Stars By Monica Pickens Very informative

The importance of colon health, and how to achieve and maintain it, from the Edgar Cayce psychic readings. Covers all facets, including the effects of different foods on the colon, how and when to do colonics, what to do about constipation, etc.

"There have been very few works on colonic therapy as comprehensive and informative as Edgar Cayce's Guide to Colon Care. Most individuals do not understand the value of having good eliminations. They don't recognize how a colonic can actually cleanse the bloodstream--physiologically--through improving circulation to the walls of the colon. Sandra gives us truly excellent information about colon health. I highly recommend this book." -- William A. McGarey, M.D., Director of the A.R.E. Clinic in Phoenix, Arizona From the Publisher Here is the complete program of colon care from Edgar Cayce, the father of holistic medicine. Every gland, organ, and cell in the body is affected by the condition of your large intestine--the colon. Clearing your colon of years of toxic build-up is the first and most important step to greater physical energy, mental clarity, and the relief and prevention of high blood pressure, fatigue, colitis, constipation, colds and allergies, candida, prostate enlargement, certain back problems, laxative dependency, small to medium hemorrhoids, digestive difficulties, and diverticulosis. The book contains dozens of illustrations, excerpts from two of Edgar Cayce's health readings, and a very complete index. 225 pages. About the Author Sandra Duggan, R.N., was supervisor of the A.R.E. Therapy Department in the early 1980's. She is currently a senior instructor at the Cayce-Reilly School of Massotherapy, a part of the Association for Research and Enlightenment (the A.R.E.), in Virginia Beach, Virginia. Here she developed and teaches the Colon Therapy classes and the Cayce Remedies course. She maintains a busy colon hydrotherapy practice and gives workshops on the role of personal responsibility in staying healthy. She co-authored Edgar Cayce's Massage, Hydrotherapy, and Healing Oils with her husband, Joseph, in 1989.