



The Natural Book of Colon Health

Louise Tenney, Deanne Tenney

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Most people have had unpleasant experiences with gastrointestinal upset. Though unpleasant as it may be, an unhealthy colon can also be the cause of other serious health disorders. Louise Tenney's NATURAL GUIDE TO COLON HEALTH gives a comprehensive look at how to keep the colon and gastrointestinal system healthy-using all natural and nutritional means-and by doing so, contributing to overall good health. From various ailments that affect the colon to the various system cleanses, this book gives exactly the information one needs to keep a healthy colon.

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