



Edgar Cayce's Guide to Colon Care

By Sandra Duggan

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The First Step to Total Body Health! Every organ, gland, and cell in the body is affected by the condition of the large intestine the colon. Clearing your colon of years of toxic build-up is the first and most important step to more physical energy, mental clarity, and 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 Diverticulosis Here is the complete program from the father of holistic medicine, Edgar Cayce!

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Editorial Review

Review

"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, RN, BS (1934-2012) maintained a private practice while working for several decades as an instructor with the Cayce/Reilly® School of Massage. She developed and taught the Colon Therapy program used at the school and at the Association for Research and Enlightenment's (A.R.E.) Health Center and Spa. She is also the co-author of Edgar Cayce's *Massage, Hydrotherapy & Healing Oils*.

Users Review

From reader reviews:

James Edwards:

Reading a book tends to be new life style with this era globalization. With examining you can get a lot of information that could give you benefit in your life. Having book everyone in this world can share their idea. Publications can also inspire a lot of people. Lots of author can inspire their own reader with their story or even their experience. Not only the storyline that share in the publications. But also they write about the data about something that you need case in point. How to get the good score toefl, or how to teach your kids, there are many kinds of book that you can get now. The authors on this planet always try to improve their skill in writing, they also doing some research before they write to the book. One of them is this Edgar Cayce's Guide to Colon Care.

John James:

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Gary Lewis:

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