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# THE BIBLE CURE FOR

# ALLERGIES

ANCIENT TRUTHS,

NATURAL REMEDIES AND THE



LATEST FINDINGS



FOR YOUR HEALTH TODAY

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Don Colbert and

## The Bible Cure for Allergies: Ancient Truths, Natural Remedies and the Latest Findings for Your Health Today



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Listen your method to better health! This practical, informative audio book will expose the countless nutritional, environmental and other underlying factors behind allergies. Now at last, here's a way to obtain information that will help gain and maintain a healthy way of life— Dr. Colbert's considerable training in alternate therapies for allergies makes this audio specifically ideal for allergy sufferers who've spent thousands on medicines through the years. He covers the following illnesses: allergic eczema, allergic contact dermatitis, meals allergies, hay fever (allergic rhinitis), allergic asthma, and allergic conjunctivitis (eyes allergies). --This text refers to the Sound CD edition. Dr. Colbert presents insights from some of the best medical researchers on the planet on allergy treatment, medical diagnosis and prevention. body, brain and spirit. You intend to be healthful, and God wants you to be healthful as well.



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Colbert's work here's definitely Christian in articles and tone, but I deeply appreciate that perspective. What to expect This book helped me prepare for a fast and understand what to expect. It could not be perfectly organized or created, but what his publication provides that lots of Christian-based books usually do not is normally scientific specifics and data. The writing is simple, functional, and available, as may be the text's general composition. The book is in three sections: Why you should fast (toxic world, pesticides, spiritual reasons, etc. While I agree with Colbert's basic assertion that we need to eat healthier and prevent added chemicals, he will go off the deep end with an array of recommendations for organic food, juices, and other products to add to our diets. how to fast, what things to expect physiologically and just why; and the Christian viewpoint of fasting. I love the fact that he place his Christian arguments in its own section in the trunk.. It is loaded with good advice on detoxing your body and getting healthy. Author- Actually, the best part of the book is the final section "Detoxing Your Whole Person," which gives detailed instructions on the many benefits of spiritual fasting. When I was going right through unexplained psychological swings or physiological adjustments, I didn't panic because I understood that symptoms X, Y, Z were simply a normal procedure for the fast and just why. If I wasn't informed, I'd have stopped the fast and not experience the full benefits. Please make sure to educate yourself about diet/nutrition even though fasting and debunk the Standard American Diet (SAD). I lost 20lbs during my 40-day fast, began to eat in different ways once my fast was over and dropped another 40lbs the year following my initial juice fast. Michael J De Vito, Plan Director, NewStart Treatment Center, Henderson, NV. My thanks a lot goes out to the book's author and publisher. Very Helpful I was motivated to learn this book by allergies We'd had for decades and my belief that health practices in line with the natural means of God's creation will be most effective. If you're looking for some new, unashamedly Christian insights on enhancing your diet and looking after your body however, you'll find something of use here. Dr. Colbert addresses environmental and dietary causes and presents practical steps to get rid of or decrease those causes. Even without needing his guidelines for an elimination diet, I was able to identify several sources of my allergies and considerably reduce my symptoms. Great publication for lifelong healthy changes I have read a lot of nutrition and natural healing books including many on detoxing your body. I must say i enjoyed this book and am following practices to business lead up to the fast. I've fasted before so I'm not worried about the fasting component, but have learned a lot from this publication about what to accomplish in order to ready your body correctly before fasting and how to properly break an easy. The publication does adopt a intensely religious tone for the last several chapters, which some readers will likely take concern with; Don has shown life improvement information for everybody. There are recipes in the event that you intend to make your personal juice and an alternative solution to having to make your own juice (thank you for providing an alternative for people who cannot afford to get a juicer or have time to juice). I truly enjoyed reading this publication. Colbert says that those are pasteurized and we have to move with juicing our own refreshing organic fruits and veggies or purchase a powder from the company outlined in the appendix. I gave it just four stars because I would have liked to see a whole index in the book for quickly finding out about a specific item. No matter where you might be in your current state of wellness the suggestions in "Toxic Relief" will be a great benefit and show you a way to improve your wellbeing and feel better. We really are responsible for our own health. Dr. There is also a nice appendix so you can get help in finding products from several health food places. Following information and hints in Dr. Don Colbert's reserve "Toxic Relief" will prolong and improve your life.

Find past these less-objective elements, and there's some good information here. When there is one point that I've learned in that period is that not absolutely all, but most of the ills of mankind are self induced. Generally we create our very own ill health. I have acquired to flip back through trying to keep in mind where it was that I read about a particular supplement or food. I recommend this publication! We use these ideas in Addiction Recovery because they work. Dr. I no more have hypothyroidism (mainstream physicians will have a coronary attack when they examine that I healed something "that just can't be healed, therefore you must be on hormone replacement for the rest you will ever have"), and I no longer have depression or stress. However, I felt 100% prepared for my 40-day time juice fast. Addiction: The Master Keys to Recovery Good Theme, But Overdone I purchased and go through this book in the recommendation of an excellent friend.); This title would have been Far better had he held things simpler, not overpowering the reader with so many radical changes. How to fast & Everything he said would happen do from the lows to the highs. I intend to keep the reserve in my library due to this essential section. This title isn't for everyone. I wasn't disappointed. Informative and Readable I liked this book, for the most part. Some may believe that his publication stresses the risks of toxins an excessive amount of, but it's a publication called Toxic Relief. And, likewise, the reserve delivers on its underlying premise, as a guide for self-detoxification and general well-being. Much of the information is, if you ask me, accurate for the most part, including that relating to fasting as a way of healing oneself both physically and spiritually. The book is well-organized with lists at the end of each chapter with a recap of recommended supplements and foods while going through the detox. nevertheless, this comprises is definitely a minority of this content, and does not devalue the rest, which remains, in my opinion, largely valid regardless of the author's personal spiritual views. I am an Addiction Recovery physician practicing for over 35 years. Eventually, I learned a thing or two from the browse, and was left feeling it worthwhile. Whether it's well crafted or not (Personally i think that it had been, but others might not prefer his design), I followed it to a "T" and am enjoying the huge benefits. I am grateful for, and also have benefited from, your work. This is a great reference for natural solutions to control your menopause This is an excellent reference for natural methods to control your menopause. I'm not into synthetic medication so this guide is an excellent reference. GOD is good, I am cured as We followed the prayer . Consequently, in case you are offended by that time of view - be forewarned don't browse that section.. GOD is good, I am cured as We followed the prayer in the book, and also knowing what's happening in my own leaky guts, eat purely and I am cured, many thanks Holy Spirit of GOD. many thanks JESUS, many thanks GOD thanks for the gentle packing too Four Stars Love learning about juice fasting through this book allergy cure book good cures for allergies Five Stars Appreciate the book! Loved, loved the writing which author's approach to detoxing. It all looks pretty easy, I have constantly fasted with organic juices from the shop, but Dr. His book is approximately juice fasting, so if you feel like this is not true fasting, then don't go through it. There are also supplements, foods, juicing, and juicer recommendations to help get you started. Great book about detoxing for better health. Take time to read I only wished We had known years back about food and just how it can effect our health. It is really worth reading and to share with others.



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