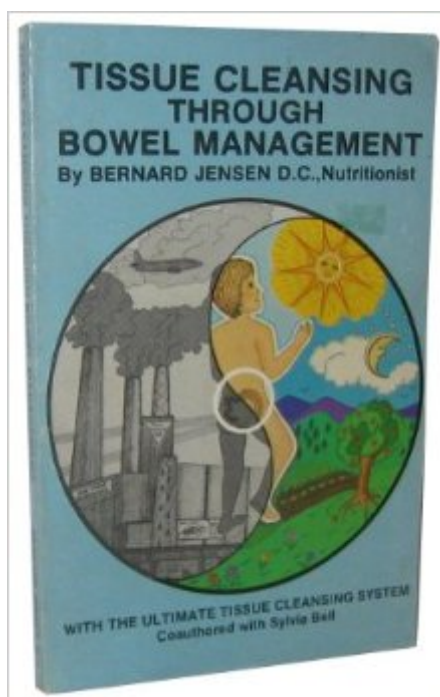


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# Tissue Cleansing Through Bowel Management



## Synopsis

The information in this book is a gathering of knowledge from many corners of the world and from considerable sanitarium experience in addition. It represents a synthesis of the studies and experiences of many individuals who have researched the art of cleanliness from the inside out.

(book's Introductory Note)

## Book Information

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## Customer Reviews

The information presented in this easy-to-read book are vital for anybody who is interested in taking charge of his own health and get free of the mental and physical slavery of "traditional" medicine, based on suppressing symptoms with drugs and surgeries. I did the 7 day-fast with 2 colonic per day, and for sure is to describe with common words the explosive vitality and joy that get inside you right after the fast...and it last! Everything comes easy now, even the toughest decision. I'm looking forward to my second fast. If you enjoyed this book, go for this one: The tao of health, sex and longevity, by P. Reid. I just can't stop re-reading it! Riccardo

I have used this cleansing for 20 something years now and do it faithfully every year with the guidance of this book. Actually This book has saved my life plus many others that I have helped with this book. Obviously I find the book very informative unlike one other person that gave a negative review. There always has to be a negative one in every group I guess. This is the one program that does really get results if you are interested in being healthy. I do use Jensen's older

book because I like the program better than the newer years. It seems to get better results for me.  
thanks charlene

I have been reading & experimenting with health products for the past 35 years. I have learned that the only way to determine whether a product works or not is to try it yourself. Out of the top 6-7 intestinal cleansing products I have experimented with, none comes even close to the efficacy of the Sonne #9 intestinal cleanser described in this book! The removal of the black intestinal debri pictured in the book would not have been possible without the sonne #9. Interestingly, this product is NOT mentioned in Dr Jensen's Guide To Better Bowel Care--which shows you how absolutely meticulous you have to be in your research--that is, you cannot trust any one source of information no matter how credible they claim to be! This is definitely not the most clearly written book on internal cleansing--for that you may want to read Robert Gray's, The Colon Health Handbook. A couple of tips & warnings: 1. Sonne #9 is extremely constipating--be sure to start slowly & have an enema bag or herbal laxative handy (along with drinking plenty of fluids). 2. The other two products you may want to use in conjunction with Sonne #9 include, Now Foods Super Enzymes (as a substitute for the pancreatin enzymes mentioned in the book); & Sonne's #7 Detoxificant (you can substitute charcoal tablets or capsules for the Detoxificant although the blackness of the charcoal may prevent you from seeing the blackness of the debri coming out of you). 3. Allow an interval of at least 45 minutes between the intake of Sonne #9 & the enzymes, otherwise the enzymes will become embedded within the wet sticky psyllium seeds & not thoroughly do the breakdown of the intestinal lining they are supposed to do. 4. I have never found the enzymes to remove the intestinal debri beyond what the Sonne #9 itself was able to do, but i am listing the enzymes here anyways as a point of reference since they are mentioned in the book. 5. It took me two years of scattered one week fasts to thoroughly clean out my intestines--7 fasts in total. 6. That black intestinal debri pictured in the book is not necessarily a product of increased putrefaction, but rather a function of a lifetime intake of black drinks such as coffee & black tea. The material that came out of me was darkish brown--& i knew i was cleaned out when the material coming out was the same color as the material coming in! 7. The colema board is not essential although you may want to have an enema bag handy. 8. Instead of the alfalfa tablets you may want to use a more concentrated phytochemical food such as spirulina, although the alfalfa tablets do have the advantage of increased fiber & alkalinity (the fiber issue is null & void since the psyllium seeds within the Sonne #9 more than compensate). 9. I highly recommend you become familiar with kefir grains as a source of friendly bacteria for your intestines (you buy them once & they last you forever since they are

self-propagating!). These kefir grains are available online or through . There are also some excellent YouTube videos on these grains. The Non-Dairy Water Kefir grains are especially recommended since they are so easy to prepare--& are an ideal way of inoculating yourself with the friendly bacteria while you fast.10. After you have thoroughly cleaned yourself out you may want to consider doing the, Budwig Cottage Cheese with Flaxseed Oil Protocol for at least six months to ensure you have the proper fatty acids built in within you (i rotate between Barleans Flaxseed Oil & Dale Alexander's Cod Liver Oil).To sum it up: The introduction of the intestinal cleanser Sonne #9 to the general public through this book makes it one of the most important health books i have ever read. If you have experimented with fasting, colonics, & other internal cleansing products, i think you will be absolutely amazed by what is still in you after trying this product (note that i am not affiliated with this product).

This book is a must read for those that are interested in great health. If you read this book you are going to clean your septic system. One thing you will come away with is the knowledge that you can't keep treating symptoms and expect to get better. Doctors usually treat symptoms. Your septic system is the root of most of your problems. Clean it on a regular basis and your body will heal itself. The body wants to heal itself and does an amazingly good job of it. But if it is overcome by poisons it can't heal itself. 5 stars!

I started reading this book and couldn't put it down until I finished. For everyone interested in getting healthier, this is a good start. I am purchasing more as gifts.

This book confirmed everything my naturopath told me about how we begin to heal at the bottom upward. He had been ill as a very young man in life and met someone who understood cleansing as well as other natural foods for wellness. Long story short, this is an excellent and my best friend wants to read it now. : )

Purchased this book over 15 years ago then lost it. Purchased it again to refresh my memory, but basically have been following Bernard Jensen's philosophy. This is a book everyone should own.

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