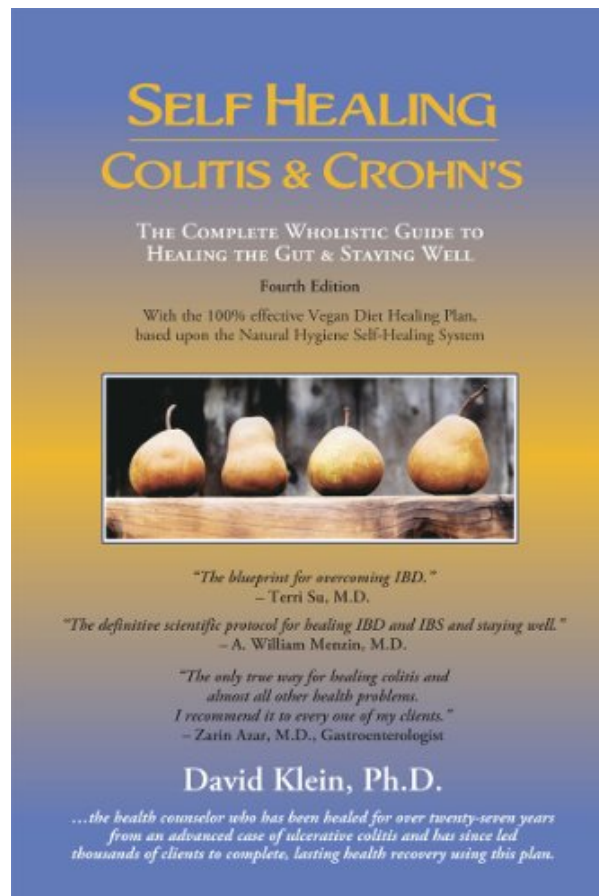


SELF HEALING COLITIS & CROHN'S BY DR. DAVID KLEIN



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THE COMPLETE WHOLISTIC GUIDE TO
HEALING THE GUT & STAYING WELL

Fourth Edition

With the 100% effective Vegan Diet Healing Plan,
based upon the Natural Hygiene Self-Healing System



"The blueprint for overcoming IBD."
– Terri Su, M.D.

"The definitive scientific protocol for healing IBD and IBS and staying well."
– A. William Metzlin, M.D.

*"The only true way for healing colitis and
almost all other health problems.
I recommend it to every one of my clients."*
– Zarin Azar, M.D., Gastroenterologist

David Klein, Ph.D.

*...the health counselor who has been healed for over twenty-seven years
from an advanced case of ulcerative colitis and has since led
thousands of clients to complete, lasting health recovery using this plan.*

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As understood, journey and experience about lesson, home entertainment, and also understanding can be gotten by just reviewing a book *Self Healing Colitis & Crohn's* By Dr. David Klein Also it is not straight done, you can recognize even more concerning this life, regarding the globe. We provide you this appropriate as well as very easy method to get those all. We offer *Self Healing Colitis & Crohn's* By Dr. David Klein and also many book collections from fictions to scientific research whatsoever. One of them is this *Self Healing Colitis & Crohn's* By Dr. David Klein that can be your companion.

Review

My son Byron (who in 2006 at age 17 was diagnosed with Crohn's) recently confided in me that one year ago he wanted to commit suicide. At that time he was confined to bed with painful fissures, anal tears, mouth ulcers, stomach cramps, diarrhea, bowel incontinence, hot and cold sweats and a host of other miserable complaints. He had endured months of illness and hospitalization and, despite drug treatments, he was not improving. Then your *Self Healing Colitis & Crohn's* book arrived. He began the diet immediately and within three days the fissure pain was gone and he was up and moving around. We have since proved every single word of your book to be true. Byron's recovery went exactly as you described it would. He followed the steps carefully, reducing the drugs. We know your work has saved Byron from a life of hell. Today, one year after receiving your book, he is entirely drug-and-symptom-free. His weight has increased from 45 kg to 62 kg. He is an active young man who looks and feels great. I am also very happy to report that he now has a vegan girlfriend. Byron lives by the Vegan Post-healing Diet and finds it easy to stick with. We spend far less time on food preparation than we did before, and we now spend absolutely no money on drugs, supplements or medical consultations. When the doctor recently labeled Byron's excellent condition clinical remission, we confidently told him this will continue for about another 75 years! Byron and I believe you have provided him with the cure. Over the six months prior to receiving your book, his medical treatments cost approximately AUS\$15,000. Your regimen cost us only the price of the book and one in-person consultation fee when I was fortuitously able to meet with you in California last year. We thank you for so much. Please add Byron's story to your list of testimonials. I am happy to have my e-mail address posted on your website for those who read your *Are You Skeptical* section, and I will be pleased to share our story. - Julie Smith, Australia * jsm58010@bigpond.net.au (2008) -Client's mother --Client

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For about a year, I let the doctors adjust and readjust medication dosages in the hopes that they would eventually find the key and would be able to protect me from having a colectomy. During this year, life as I knew it, was over. I had to take leave from school, lost about 60 pounds, spent 10 days in the hospital, experienced indescribable abdominal pain, became house-bound due to the frequency of bowel movements, took around 20+ pills daily, incurred numerous side effects to these various medications, and spent thousands of dollars on treatments that did not help. My own observations led me to believe that the treatments I was being given were actually worsening my condition. But what could I do? After all, I had to follow the advice of my experienced doctors, right? Wrong. One day, I finally realized that if all these medications weren't helping, then how could I justify the side effects and expense. I understood what the doctors were saying --Reader

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I read this book like a bible, and I've been getting consultations from Dr. Klein personally. My life is completely turned around for the better. It's an extreme diet change, but worth it for my health. I finally have my life back! I recently had a colonoscopy that showed my Crohns is completely gone after less than a year

of following Dr. Klein's program. I'm so blown away, and so happy. This is for real. --V. Varela --Reader

About the Author

Dr. David Klein has been Director of the Colitis & Crohn's Health Recovery Center, currently located on Maui, Hawaii, since 1993. Dr. Klein is a Hygienic Doctor with a Ph.D. in Natural Health and Healing and a certified Nutrition Educator. Dr. Klein's approach is wholistic and is based upon Natural Hygiene, the world's most successful health science program over the last 200 years. Since 1992, Dr. Klein has counseled over 2,500 clients back to health via the principles of Natural Hygiene and he has occasionally taught nutrition classes and given health and nutrition lectures. Dr. Klein's own unique healing journey, his studies of many disciplines of health science, and his extensive professional experience have given him uncommon insight into the requisites of healing and health, by which he is able to consistently guide people from disease to rejuvenation. *Self Healing Colitis & Crohn's* served as Dr. Klein's thesis for his Ph.D. Dr. Klein is also Editor of *Vibrance* magazine. Dr. Klein is also a Professor with the new University of Natural Health. Dr. Klein's book *Your Natural Diet: Alive Raw Foods* is the text for the course *Humans Natural Biological Diet*. Dr. Klein is on the Board of Directors as a nutritional and healing advisor for St. John's Colonic Center in Bowie, Maryland (colonics are not recommended for inflammatory bowel disease). His book *Self Healing Colitis & Crohn* was used as the teaching model for a course taught at the Canadian School of Natural Nutrition. He has led many natural health seminars over the last 10 years and co-produced health festivals in northern California. Dr. Klein has thrived on a 100 percent vegan diet of mostly raw foods since 1984. Originally from New Jersey, he also holds a B.S. in civil engineering and worked 10 years in the field of environmental engineering before starting his health education businesses and practice. Leading people to health independence is Dr. Klein's passion.

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SELF HEALING COLITIS & CROHN'S BY DR. DAVID KLEIN PDF

This is the 4th edition of the best-selling natural self-help book for any inflammatory bowel disorder. It teaches the principles of self-healing based in true health science. This complete holistic wellness guide is the culmination of Dr. Klein's 27 years of health experience since healing himself after 8 years of severe ulcerative colitis in 1984, plus his experience with thousands of clients, 99% of whom successfully healed since 1993 via his Colitis & Crohn's Health Recovery Center. Rooted in the Natural Hygiene self-healthcare system, this guide book contains the clear, step-by-step, medically-endorsed diet & holistic lifestyle program which has conclusively proved to be the definitive natural way to heal IBD & IBS. Disease only occurs if we cause it. IBD & IBS are completely reversible when we remove the causes & live healthfully. This book served as the author's thesis for his Hygienic Doctor degree. It answers virtually every question which has arisen in over 15,000 consultations. Deep, clearly-written chapters explain the purpose of disease, & how to heal & maintain a lifetime of vibrant health. It accurately explains the many factors and primary cause of inflammatory bowel disease and ulcers: toxic, acidifying, undigestible diets. It presents a naturally liberating dietary healing plan based upon true health science, grounded in physiology. The book explains that inflammation and ulcerations are heightened self-purification / self-healing actions conducted by the body in response to an overload of dietary toxins in the bloodstream, tissues & bowel. It addresses the many factors that may contribute to bowel inflammation & ulcers, & shows how IBD, IBS and any digestive disorder can be permanently overcome via proven dietary and health-promoting lifestyle practices in line with our natural biological mandates. The 100% effective Vegan Diet Healing Plan teaches step-by-step how to eat for rapid healing & long lasting health.

- Sales Rank: #245979 in eBooks
- Published on: 2012-09-29
- Released on: 2012-09-29
- Format: Kindle eBook

Review

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have provided him with the cure. Over the six months prior to receiving your book, his medical treatments cost approximately AUS\$15,000. Your regimen cost us only the price of the book and one in-person consultation fee when I was fortuitously able to meet with you in California last year. We thank you for so much. Please add Byron's story to your list of testimonials. I am happy to have my e-mail address posted on your website for those who read your Are You Skeptical section, and I will be pleased to share our story. - Julie Smith, Australia * jsm58010@bigpond.net.au (2008) -Client's mother --Client

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Most helpful customer reviews

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A Must Read

By SG

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40 of 43 people found the following review helpful.

Educational but BEWARE!!! DANGER!!!

By J. Facknitz

I undertook Klein's suggestions after reading this book cover to cover. I've been a sufferer of Ulcerative Colitis since 2006, and was ready to put an end to all future worries, frustrations, humiliations and concerns- by ANY means necessary. I found the book to make a great deal of physiological sense (toxins remain and rot within the body due to processed or cooked foods, the Standard American Diet has largely forgone natural substances in lieu of sugar, salt, spices and other things we can't benefit from, our bodies possess self-healing attributes and capabilities), and quickly decided to follow his strong advice to abandon supplements (I hadn't taken medication in six years, and told him so). WEEK 1: Following his diet to a "T", I lost 13 pounds and began going to the bathroom over 20 times a day. I called the author to consult with him personally, because I was having trouble sleeping (something you need most on this diet) and became concerned. He made himself easily available to me, sounded genuinely concerned with my condition, and told me my detox was too intense. I told him I had experienced problems with bananas in the past (his book refutes this possibility, stating that bananas are a human superfood and should be consumed by everybody- though a quick google search through most forums will tell you that people's digestive systems are deeply divided on the issue). Klein recommended some alternatives, namely switching to Dates and getting my

electrolytes through coconut water. Week 2: I followed his instructions, studied the book, and tried working on my Somatic Inquiry and belief in my own healing powers. I began to lose 4 more pounds and continued going to the bathroom more than I ever had in the past with more signs of blood than I had shown in a long time (Klein's book calls this part of the detox), only now it was accompanied with an unbridled pain I had never before experienced. It was like an arm reaching up through my insides and trying to rid me of my digestive tract. I read testimonials in the back of the book, and they all said something along the lines of "It's extremely difficult the first few weeks, but you HAVE TO SOLDIER THROUGH." Klein himself emphasizes that you should "hang in there", no matter how difficult the diet is becoming. I went on medical leave from work and stayed in bed. I called Klein up one morning in a fit of exhaustion and told him what was happening. He basically did a quick noodle scratch and said, "OK, here's what we're going to do." He said I should go back on bananas- but make smoothies out of them. When I mentioned my sensitivity, Klein said "bananas are good for everybody." This, I felt, refuted basic logic, because few things besides water, oxygen, and sleep are good for EVERYBODY. I was reticent, but had already placed so much faith in this system that I figured I would try it. The smoothies tasted good, but did nothing to curb my problems. For 36 hours I persisted. My hearing turned inside out (something that often happens to people who are subject to intense vomiting), I started having accidents because I was unable to make it to the bathroom, and I looked at myself in the mirror and said, "This ends here."

This was 17 days in, with assistance from the author of this book.

So my advice to you, if indeed you have UC or Crohn's, would be to investigate the book, see what makes sense to you, and implement things according to your own sense of self-preservation, bound by your hard-won, firsthand experience. You're the expert on you. Everybody's different, subject to their own tastes and tolerances. David Klein, in my experience, is just as dangerous as the allopaths he defies in his book, for while sincere in his devotion to the cause and readily available to those willing to make themselves vulnerable to his suggestions, he was nonetheless dangling everlasting health in front of my face just as that GI dangled Asacol seven years ago and said it would prevent me from losing my colon in 10 years. When I didn't respond to the expensive drug, the GI scratched his head and began guessing, playing guinea pig with my well being. When I followed Klein's diet to a "T," and it began turning against me, Klein did very much the same, and when I informed him I was going off the diet, he wished me well, offered future services, and said this was common for people who went off medication to adopt his method. But I hadn't gone off medication! I'd gone off a few idle supplements (Rice Protein Powder, Glutamine, Ginger Root), that Klein had initially congratulated me for ridding myself of. Had he read my file more extensively, he would've realized I hadn't been on medications for over six years, and had managed to bring myself into remission by keeping a food diary that excluded what appeared to be harmful. Now I have to bring myself back into remission after trying Klein's 100% success cure. BUYER BEWARE. This is not for the faint of heart, and you may be signing yourself up for something far worse than you had. This book taught me a lot, but it's also cost me a great deal.

32 of 35 people found the following review helpful.

Thank you David Klein for writing this book

By Julie Smith

My son Byron (17 year old diagnosed with Crohns June 2006) has just confided in me that this time last year he wanted to commit suicide. At that time he was confined to bed with painful fissures (anal tears), mouth ulcers, stomach cramps, diarrhoea and bowel incontinence, hot & cold sweats and a host of other miserable complaints. He had already endured months of illness and hospitalization and despite drug treatments was no better. The doctors had abandoned us for an extended Xmas/New Year break and an increase in Prednisone dose did nothing to ease symptoms. Then your Self Healing Colitis & Crohn's book arrived. We started the diet straight away and in 3 days the pain from the fissures was gone and he was up and moving around.

David, we have since proved every single word of your book to be true. Byron's recovery went exactly as

you described it would. We followed the steps carefully, reducing drugs as we went, we made mistakes but corrected them within 3 days of returning to the diet and we pressed on. We know your work has saved Byron from a life of hell. Today, one year after receiving your book, he is entirely drug free and has been for 5 months. He is 62kg (up from 45kg at diagnosis). He is an active young man looking and feeling great and as a fabulous sidekick benefit, now has a really cool Vegan girlfriend. He lives by the diet and finds it easy, we spend less on good food than we did on the SAD diet and we now spend absolutely nothing on drugs, supplements or consultations. The doctor called Byron's excellent condition "clinical remission", which we confidently told him will last for around 75 years!!!! Byron and I believe you have provided us with the "cure". Treatments in the 6 months prior to receiving your book cost around AUS\$15,000. Your regimen was the cost of the book and one consult fee to meet you (a meeting I am eternally grateful for and was pre-ordained after a surprise opportunity to travel to California last year). We owe you so much and we thank you so much. Please add our story to your list of successes. I am happy to have my email address posted on your site as a contact for those still reading your "Are You Skeptical" link and would be pleased to share our story and discuss.

Julie Smith

Coffs Harbour, Australia

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SELF HEALING COLITIS & CROHN'S BY DR. DAVID KLEIN PDF

Your impression of this book **Self Healing Colitis & Crohn's By Dr. David Klein** will certainly lead you to acquire what you precisely require. As one of the impressive publications, this publication will supply the presence of this led Self Healing Colitis & Crohn's By Dr. David Klein to collect. Also it is just soft documents; it can be your cumulative file in gadget as well as various other gadget. The vital is that usage this soft data publication Self Healing Colitis & Crohn's By Dr. David Klein to read and also take the benefits. It is exactly what we suggest as book Self Healing Colitis & Crohn's By Dr. David Klein will certainly improve your ideas and mind. After that, checking out publication will certainly likewise boost your life top quality a lot better by taking great activity in balanced.

Review

My son Byron (who in 2006 at age 17 was diagnosed with Crohn's) recently confided in me that one year ago he wanted to commit suicide. At that time he was confined to bed with painful fissures, anal tears, mouth ulcers, stomach cramps, diarrhea, bowel incontinence, hot and cold sweats and a host of other miserable complaints. He had endured months of illness and hospitalization and, despite drug treatments, he was not improving. Then your Self Healing Colitis & Crohn's book arrived. He began the diet immediately and within three days the fissure pain was gone and he was up and moving around. We have since proved every single word of your book to be true. Byron's recovery went exactly as you described it would. He followed the steps carefully, reducing the drugs. We know your work has saved Byron from a life of hell. Today, one year after receiving your book, he is entirely drug-and-symptom-free. His weight has increased from 45 kg to 62 kg. He is an active young man who looks and feels great. I am also very happy to report that he now has a vegan girlfriend. Byron lives by the Vegan Post-healing Diet and finds it easy to stick with. We spend far less time on food preparation than we did before, and we now spend absolutely no money on drugs, supplements or medical consultations. When the doctor recently labeled Byron's excellent condition clinical remission, we confidently told him this will continue for about another 75 years! Byron and I believe you have provided him with the cure. Over the six months prior to receiving your book, his medical treatments cost approximately AUS\$15,000. Your regimen cost us only the price of the book and one in-person consultation fee when I was fortuitously able to meet with you in California last year. We thank you for so much. Please add Byron's story to your list of testimonials. I am happy to have my e-mail address posted on your website for those who read your Are You Skeptical section, and I will be pleased to share our story. - Julie Smith, Australia * jsm58010@bigpond.net.au (2008) -Client's mother --Client

I've come to learn that my story is not much different from that of other IBD sufferers. I was living a happy and healthy life, when one day, for no apparent reason, I suddenly began to experience abdominal cramps and loose stools. Over time, this progressed to debilitating abdominal pain and 20+ bloody and mucoid bowel movements each day. As I am training to be a medical doctor myself, I naturally turned to traditional medicine for answers. Definitive answers, though, were far from what I got. Nonetheless, traditional medicine was all I knew. So despite its obvious gaps in knowledge on this matter, I took a leap of faith and followed the directions given to me. I tried just about every anti-inflammatory, anti-spasmodic, and over-the-counter analgesic available. I went through numerous courses of steroids and even an immunosuppressant. For about a year, I let the doctors adjust and readjust medication dosages in the hopes that they would eventually find the key and would be able to protect me from having a colectomy. During this year, life as I knew it, was over. I had to take leave from school, lost about 60 pounds, spent 10 days in the hospital,

experienced indescribable abdominal pain, became house-bound due to the frequency of bowel movements, took around 20+ pills daily, incurred numerous side effects to these various medications, and spent thousands of dollars on treatments that did not help. My own observations led me to believe that the treatments I was being given were actually worsening my condition. But what could I do? After all, I had to follow the advice of my experienced doctors, right? Wrong. One day, I finally realized that if all these medications weren't helping, then how could I justify the side effects and expense. I understood what the doctors were sayin --Reader

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I read this book like a bible, and I've been getting consultations from Dr. Klein personally. My life is completely turned around for the better. It's an extreme diet change, but worth it for my health. I finally have my life back! I recently had a colonoscopy that showed my Crohns is completely gone after less than a year of following Dr. Klein's program. I'm so blown away, and so happy. This is for real. --V. Varela --Reader

About the Author

Dr. David Klein has been Director of the Colitis & Crohn's Health Recovery Center, currently located on Maui, Hawaii, since 1993. Dr. Klein is a Hygienic Doctor with a Ph.D. in Natural Health and Healing and a certified Nutrition Educator. Dr. Klein's approach is wholistic and is based upon Natural Hygiene, the world's most successful health science program over the last 200 years. Since 1992, Dr. Klein has counseled over 2,500 clients back to health via the principles of Natural Hygiene and he has occasionally taught nutrition classes and given health and nutrition lectures. Dr. Klein's own unique healing journey, his studies of many disciplines of health science, and his extensive professional experience have given him uncommon insight into the requisites of healing and health, by which he is able to consistently guide people from disease to rejuvenation. *Self Healing Colitis & Crohn's* served as Dr. Klein's thesis for his Ph.D. Dr. Klein is also Editor of *Vibrance* magazine. Dr. Klein is also a Professor with the new University of Natural Health. Dr. Klein's book *Your Natural Diet: Alive Raw Foods* is the text for the course *Humans Natural Biological Diet*. Dr. Klein is on the Board of Directors as a nutritional and healing advisor for St. John's Colonic Center in Bowie, Maryland (colonics are not recommended for inflammatory bowel disease). His book *Self Healing Colitis & Crohn* was used as the teaching model for a course taught at the Canadian School of Natural Nutrition. He has led many natural health seminars over the last 10 years and co-produced health festivals in northern California. Dr. Klein has thrived on a 100 percent vegan diet of mostly raw foods since 1984. Originally from New Jersey, he also holds a B.S. in civil engineering and worked 10 years in the field of environmental engineering before starting his health education businesses and practice. Leading people to health independence is Dr. Klein's passion.

As understood, journey and experience about lesson, home entertainment, and also understanding can be gotten by just reviewing a book *Self Healing Colitis & Crohn's* By Dr. David Klein. Also it is not straight done, you can recognize even more concerning this life, regarding the globe. We provide you this appropriate as well as very easy method to get those all. We offer *Self Healing Colitis & Crohn's* By Dr. David Klein and also many book collections from fictions to scientific research whatsoever. One of them is this *Self Healing Colitis & Crohn's* By Dr. David Klein that can be your companion.