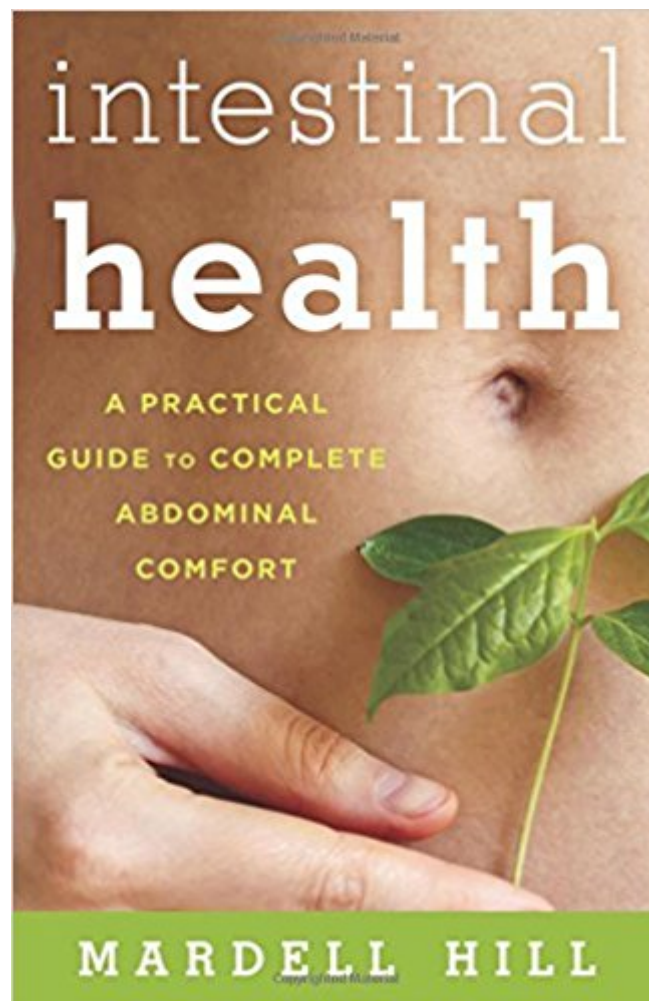




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# **Intestinal Health: A Practical Guide To Complete Abdominal Comfort**



## Synopsis

Intestinal Health is a breakthrough book designed for people affected by digestive issues from diverticulitis to leaky gut, from GERD to chronic gas, constipation, and other ailments. It will improve the life of anyone who wants to maximize their digestion, increase good bacteria, decrease symptoms of discomfort, and heighten cellular oxygen levels resulting in complete abdominal comfort. Following Mardell Hill's simple formula, anyone can reduce their digestive disorder or pain symptoms by identifying their unique path to self-recovery. While some may seek medical care, others may try an alternative route; still others try to self-medicate, and yet many still suffer even after various treatments. Today people want effective, safe, and natural solutions for digestive health and care. Here, then, is a practical, easy-to-use guide that walks readers through the various issues they may confront, how to prevent them, and how to get relief should symptoms crop up. Hill responds to some of the most commonly asked questions about preventing, or stopping, abdominal pain and discomfort. In clear and simple language, she helps readers better understand how digestion works, from top to bottom, and explores the many different difficulties that can arise along this path. Offering sound and proven advice, she helps readers feel better and live better.

## Book Information

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Best Sellers Rank: #812,062 in Books (See Top 100 in Books) #116 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Gastroenterology #381 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal #4654 in Books > Health, Fitness & Dieting > Mental Health > Happiness

## Customer Reviews

Hill offers clients tools for maintaining a healthy digestive system to help improve their comfort and overall wellness. Hill's book, Intestinal Health: A Practical Guide to Complete Abdominal Comfort, addresses issues related to digestion, nutrition and cleansing and are taken from

Hill's 10 years' experience as a colon therapist. The book provides answers to questions that Hill's been asked during her years as an alternative health practitioner. Topics include how to counteract the fungal infection, Candidiasis (commonly referred to as Candida), in addition to providing a healthy, seven-day menu (along with recipes), and a three-step nutritional program that the author swears by, which includes tips such as eating plenty of apples and drinking a minimum of 65 to 80 ounces of filtered water a day. . . . [T]he book is easy to read and well organized. If you're looking for answers to questions about preventing bad breath, acne flare ups or about detoxing your liver and gallbladder, or if you need inspiration for making more conscientious food choices, this book may be just the ticket. (Left Hand Valley Courier) It's a breakthrough book designed for people affected by digestive issues from diverticulitis to leaky gut, from GERD to chronic gas, constipation, and other ailments. It's designed to help improve the lives of anyone who wants to maximize their digestion, increase good bacteria, decrease symptoms of discomfort, and heighten cellular oxygen levels resulting in complete abdominal comfort. Following author Mardell Hill's simple formula, anyone can reduce their digestive disorder or pain symptoms by identifying their unique path to self-recovery. While some may seek medical care, others may try an alternative route; still others try to self-medicate, and yet many still suffer even after various treatments. Today people want effective, safe, and natural solutions for digestive health and care. Here, then, is a practical, easy-to-use guide that walks readers through the various issues they may confront, how to prevent them, and how to get relief should symptoms crop up. Hill responds to some of the most commonly asked questions about preventing, or stopping, abdominal pain and discomfort. In clear and simple language, she helps readers better understand how digestion works, from top to bottom, and explores the many different difficulties that can arise along this path. Offering sound and proven advice, she helps readers feel better and live better. (The Healthy Newspaper)

Mardell Hill is an I-ACT Certified Colon Therapist and Owner of the Clear Health Colonic Center in Boulder, Colorado. She trained as a colonic therapist and has built a successful cleansing business since 2005, combining a long standing history in athletic training, post-rehabilitation, nutrition and functional fitness training into helping clients achieve optimum health. In her center, she runs colonics, teaches health through nutrition as it pertains to intestinal rebuilding, and offers support for additional cleanses, such as liver, gallbladder, kidneys, and skin. She has successfully treated more than 3,000 clients. She encourages people to blend alternative and standardized medicine to complement, support, and maximize their health as a whole. The local papers have published

articles on colon therapy and featured Mardell in Boulder County Kids, Spring 2010 and Times-Call, January 2008.

In Intestinal Health, Mardell Hill, takes a complex subject and breaks down the science of creating a healthy gut in a straightforward and enjoyable manner. Her step-by-step method is a guide and support for everyone seeking better health. The Intestinal Health Checklist is an amazing chart that has become my go-to when feeling stomach discomfort, fatigue or an inflammatory flare up. It never fails to show me what I need to do to get back on track!

"Mardell Hill has accomplished a formidable task! She has created an easy-to-read, super-user-friendly book and superb education resource on a very complex yet vital health issue. Intestinal Health book 'flows'. It is organized in such a way that each subject builds effortlessly on the previous one, you can find the information you want on any subject in split seconds - no 'shuffling' through half the book to fish out what you need here!- and the illustrations and images drive the message home at a glance! This book is a must for anyone who aspires to lead a conscious healthy life and wants accurate, insightful, thorough, easy-to-follow information at their fingertips. As a busy professional traveling most of the time, this book is a life saver in keeping my digestive system humming no matter where I am on the planet." Theodosia Southern Principal Center for Executive leadership

I just finished reading Mardell Hill's book, Intestinal Health. It was the first time that I understood the digestive tract and how diet and proper nutrition (as well as proper chewing) influences my health. After implementing the steps in her book, I feel like a new person and I highly recommend it to anyone struggling with GI upset or stomach pain with bloating. It's an easy to understand manual on how to heal yourself naturally, with explanations along the way of why what you are doing is working.

This book has been in my library for four months now. Best book I've seen on the subject...Using solid research and her life experience, Ms. Hill educates us on the refined aspects of better caring for our digestive and elimination systems. I have never sat down and read this cover to cover, but rather pick it up periodically to inspire and motivate me to replace old habits that stand between me and better health. And I use it as a reference book to deal with issues that arise for me, like cleansing and travel recommendations. Also I have enjoyed some of the recipes. If you're recurring

digestive and elimination issues, this is the best book I can recommend

I love this book! Mardell's approach to improving intestinal health comes from a place of genuine care and the desire for others to lead a healthy, happy life. She makes it easy and fun - yes, fun! - to learn about your digestive system and also how to determine what will work best for you. I am a frequent traveler and have found this book, and Mardell's support and guidance, to be my new #1 travel companion. Thanks so much!

Mardell has written the definitive book on intestinal health, covering every aspect any reader would ever need to know. I'm sure this will become a textbook in medical and nursing schools. I've been getting colonics from Mardell for many years, and she is a living witness to the value of "walking her talk," glowing with health, and promoting healthy habits to all her clients. I'm pleased she included my Vegetable Broth recipe, which I've made countless times (and perfected along the way), to share with the world! A huge thank you to Mardell for the years of work, research and writing this book has taken, and her awesome contribution to countless people's health.

Everything we have heard before, chew slowly, drink 1/2 your body weight in oz of water per day. Eat your vegetables and don't drink or smoke. Nothing learned here.

As a health coach, I recommend this book to anyone looking to simply improve their digestion or who might be seeking guidance on major health issues. Not only is this valuable information easy to understand, it is very easy to reference. Mardell Hill takes the guesswork out of everything you may have wondered about the final stages of digestion but didn't know whom or how to ask. Her wealth of holistic information trumps the information that many medical professionals do not know to share with their patients. She has helpful charts on beneficial foods, information on hydration, comprehensive nutrition basics, delicious recipes and provides beneficial information on proper elimination. This book is one I suspect that you will reach for repeatedly regardless of what your health journey looks like. I sure do! We all need the information in her book as a resource for a higher quality of health.

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