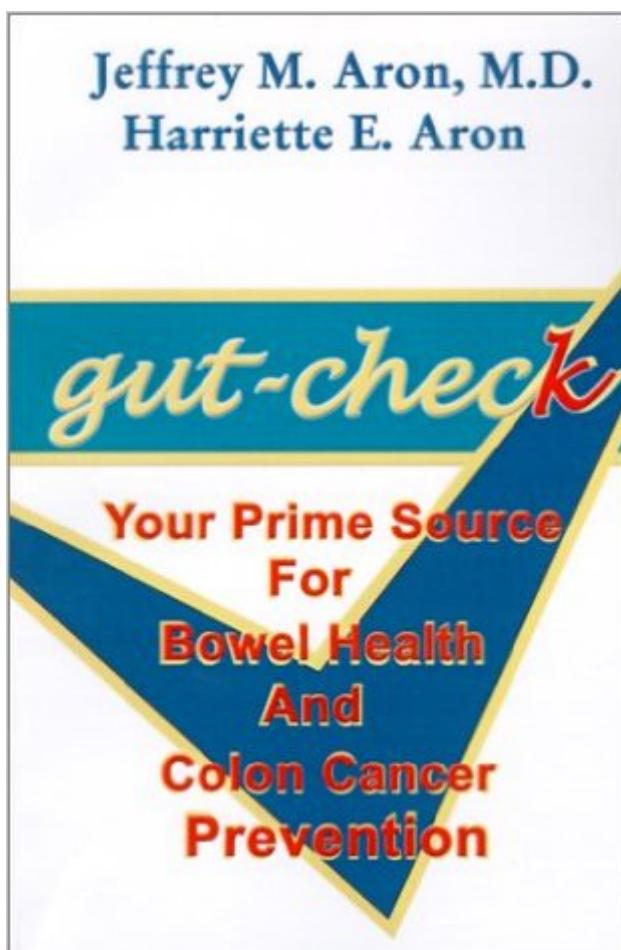


The book was found

# Gut-Check: Your Prime Source For Bowel Health And Colon Cancer Prevention



## Synopsis

Not just another diet or exercise book, but a unique reference tool that discusses a difficult subject with wisdom and wit and provides concise, expert information on how to optimize bowel function, prevent disease, and achieve great health. --This text refers to the Hardcover edition.

## Book Information

Paperback: 140 pages

Publisher: 1st Book Library (August 1, 2001)

Language: English

ISBN-10: 0759604983

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Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 starsÂ  See all reviewsÂ  (3 customer reviews)

Best Sellers Rank: #1,980,138 in Books (See Top 100 in Books) #56 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Colorectal #125867 inÂ  Books > Medical Books #369284 inÂ  Books > Textbooks

## Customer Reviews

This book is well written. It answers many questions, and does so in a light-hearted fashion - without compromising the great information. I never thought I could laugh while reading a gut book, and learn a great deal at the same time! Has tips on how to avoid getting traveler's sickness, and how to stay healthy on an every day basis. There is also a good section on nutrition with meal suggestions. I highly recommend this book!

For a lay person, this is the perfect book. It's easy to read, well laid out, and helps me understand not only how to deal with current problems, but also how to prevent new ones. I've already told by three adult sons to buy it, and now I'm going to tell my brothers and sister and their kids.

I opened the book and all I saw was vitamins and supplements. Dr. Dean Adell just told us there were 24 recent researches that found vitamins are useless! You tell me fruits and veggies. My doctor put me on a no fiber diet. I am so disappointed. I WANT MY MONEY BACK!!!Charlotte McMillanBurlingame, Ca.

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Colon Health and Wellness: The Ultimate Guide to Colon Health the Natural Way (Colon Health, Colon Cleanse, Colon Cancer, Colon Health Guide, Colon Diet, Colorectal cancer, Colon Cleansing) Cancer: Cancer Prevention: Killing Cancer By Preventing It. Instantly Prevent Cancer (Cancer,Cancer Prevention,Cancer Cure,Coping With Cancer,Cancer Books,Breast ... Cancer,Leukemia,Colon Cancer,Skin Cancer) Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) Cancer: Cancer Cure: Natural Cancer Cures And Chemo Alternatives (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) Cancer: Coping With Cancer: Controlling and Understanding Emotions of Cancer (Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung Cancer,Cancer Diet,Preventing Cancer,Cancer Prevention,Cancer Cure) Gut-Check: Your Prime Source for Bowel Health and Colon Cancer Prevention Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer,Coping With Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung ... Cure,Prostate Cancer,Cancer Prevention) Outsmart Cancer: The Proven Cure For Beating Cancer With Healthy Nutrition And Vitamin B17 (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention) Good Gut: The Next Thing You Should Do If You Want to Heal Your Gut and Improve Your Intestinal Health (good gut guide, gut health, good gut diet) Prime: Learn Everything You Need To Know About The Prime Membership - Get The Most Out Of Instant Video, Music, Prime Shipping And The Kindle ... Prime Books, Prime Membership) Colon Cancer: The Everything Guide to Colon Cancer Diet and Colon Cancer Prevention Colon Cancer - A Cancer Prevention and Cancer Cure Guide to Understanding the Facts of Colon Cancer for Treatment, Diet, and Nutrition Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) Nutrition: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut) Gut: Goodbye - Leaky Gut! The Ultimate Solution For: Leaky Gut Syndrome. Digestion, Candida, IBS (Diverticulitis, Diverticulosis, Irritable Bowel Syndrome, ... Celiac Disease, Rheumatoid Arthritis) Anti-Cancer Diet: An Ultimate Guide to Reverse and Prevent Cancer Naturally! (anti-cancer diet, anti-cancer cookbook, anti-cancer diet recipes, reverse cancer, prevent cancer) The Breast Cancer Patient's Survival Guide: Amazing Medical Strategies for Winning: A Natural Guide to Treatment of Cancer, Breast Cancer, Cancer and Nutrition, Beating Cancer and Fighting Cancer Irritable Bowel Syndrome: The

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