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# Management

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your body and teaches you to look after yourself from the inside out. I read the whole book from front to back and am following the guidelines made by Dr Jensen. If you want to be really well get the book.

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them in our daily diet  
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Bernard Jensen, D.C.,  
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counseled and taught more than 350,000 patients. He is the recipient of the President's Award by the National Nutritional Foods Association, the Golden Carrot Award by the Center for the Advancement of Cancer Education, and the Pioneer Doctor of the Year Award by the National Health Federation.

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good care of it.

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Dr. Scott Jensen, a  
Minnesota family  
physician who is also a  
Republican state  
senator, told " The  
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Tissue Cleansing

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Guide To Better Bowel Care books, Based on 60 years of patient studies, this book provides specific dietary guidelines for proper bowel maintenance, along with a colonic cleansing system and effective exercise program. 25 color photos.

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Including charts, photos, and Dr. Jensen's decades of expertise, this classic book provides specific dietary guidelines for proper anti-inflammatory bowel maintenance that will enhance your microbiome and address leaky gut, along with a colonic cleansing system and effective exercise program.

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DR. JENSEN'S GUIDE  
TO BODY CHEMISTRY &  
NUTRITION For  
example, sulfur is in  
three amino acids:  
methionine, cystine,  
and taurine (as well as  
cysteine, which is the  
oxydized form of  
cystine). Methionine is  
an essential amino  
acid, but cystine and  
taurine are not  
because they can be

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made from methionine.

## Care A Complete

### **Dr. Jensen's Guide to Body Chemistry & Nutrition ...**

#### ABOUT DR. JENSEN

Beginning his career as  
a chiropractor in 1929,

Dr. Bernard Jensen

soon turned to the art  
of nutrition in search of

remedies for his own  
health problems. He

traveled to over 50

countries, to study the  
lifestyles of the

different cultures in an

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effort to understand  
the principles of long  
and healthy living.

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inflammatory bowel  
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address leaky gut,  
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importance to the body

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of 16 key chemical elements and offers advice on recommended daily intakes.

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From toddlers to  
teenagers, positive

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parenting is my answer  
Dr Frances Jensen. My  
very own experience  
with positive parenting  
began when my oldest  
child was born. I began  
checking out blog  
posts concerning just  
how a child's secure  
attachment to a parent  
is harmed with  
spanking, shouting,  
harsh punishments as  
well as virtually every  
other commonly  
approved parenting  
method.

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