

Resource Guide For Getting to Know Your Body Lecture Series Part I: Digestion and Elimination

Books and Educational Material

1. *Enzymes: The Key to Health, Volume I Fundamentals*. Howard Loomis
2. *Food Enzymes for Health and Longevity*. Edward Howell.
3. *Probiotics: Nature's Internal Healers*. Natasha Trenev
4. *Healthy Digestion the Natural Way: Preventing and Healing Heartburn and Constipation, Gas, Diarrhea, Inflammatory Bowel and Gallbladder Diseases, Ulcers, IBS and more*. D. Lindsey Berkson.
5. *The Body Ecology Diet*. Donna Gates.

Products for Healthy Digestion and Elimination

1. Digestive Enzymes
 - a. **Digest Gold**. Enzymedica. Full-spectrum plant-based enzyme formula. Found in stores
 - b. **Quantum Digest**. Premier Research Labs. Super plant-based enzyme. From practitioners.
 - c. **Quantum Stomach Complex**. Premier Research Labs. Combination enzyme/herbal digestive support. Practitioners.
2. Probiotics
 - a. **Treven Trio/Healthy Trinity**. Natren. High quality probiotic. Found in stores or with practitioners.
 - b. **LB17**. Osumex. 17 strains of pro-biotics derived from cultured foods. Most biologically active form. Practitioners.
3. Parasite/Candida Cleanses
 - a. **Paragone/Candidagone**. Renew Life. Pathogen cleansing programs found in health food stores.
 - b. **Artemisia & Cloves**. BioRay. Top of the line Parasite/Candida Cleanse. Practitioners.
4. High Quality Fiber Products
 - a. **DetoxiFiber**. Garden of Life. Soluble and Insoluble Fiber product, supports healthy colon detoxification.
 - b. **Concentrated Natural Fortified Flax Hulls with Broccoli sprouts**. Osumex. Practitioners.
5. Colon Cleansing.
 - a. **Oxypowder**. Global Healing Center. Oxygen-based colon cleanse. www.oxypowder.com
 - b. **Cleanse Smart**. Renew Life. Found in Stores.

Practitioners/Assessments

1. Colon Hydro-Therapy
 - a. Sarah West. Ashland Colon Hydro-therapy. 541.201.0500.
 - b. Tashina Wilkenson. Hidden Springs Wellness Center. Ashland, Oregon.541.488.8858.
2. Live Blood Cell Analysis. Jim Jordan. Create Vibrant Health Nutrition Clinic. Ashland, Oregon. 541.482.2250.