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here it is:

trained in 'western medicine', my instinct is to preach caution in the face of anecdotal evidence; the scientist in me craves the hard data of placebo-controlled trials. that being said, it is obviously impossible to study certain interventions in this fashion, and western medicine frequently falls short in successfully treating the panoply of human ills. so while i can't vouch for the veracity of many of the health claims set forth in this reference guide, i did find it compelling, informative, and thoroughly researched. any intervention that makes people aware of the countless toxins we are exposed to in our daily lives and puts an emphasis on healthful eating habits heavily skewed toward the consumption of fruits, vegetables, and whole grains is worthwhile. and while i'm not yet ready to subject myself to the rigors of a cleanse, i have adopted and fully embraced the daily ritual of saline nasal lavage, so who knows, colon lavage could be on the horizon.

paul

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