



# **Colon By Design: Overcoming The Stigma Of Colon Sickness And Unlocking True Colon Health(TM) (The Holistic Health Nurse Series) (Volume 3)**

*Jenny Berkeley*

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## **Colon By Design: Overcoming The Stigma Of Colon Sickness And Unlocking True Colon Health(TM) (The Holistic Health Nurse Series) (Volume 3) Jenny Berkeley**

Jenny Berkeley is a nurse on a mission to help average people in Canada and around the world take back control of their health and wellness destiny. With her over 23 years in the medical profession, plus her knowledge as a certified holistic nutritionist, a health educator, raw food chef, and the publisher of Canada's only magazine dedicated to the vegan and raw-vegan community, Jenny helps others gain a holistic view of the body and their life purpose. Colon By Design is the third book in the series and is intended to help readers see and understand the workings of the colon. Using this knowledge, you can create a habit to help create or maintain a health colon and vitality in your daily life. If you have felt bloated, constipated, sluggish or have ever wanted to understand your colon, this revolutionary book is your resource. Jenny created the holistic health nurse series as a flagship series to help not just patients, but other nurses, or health and wellness professionals. Her desire is that readers would see how common sense, logic, and modern knowledge of biology and nutrition can show where we all can put the right health habits to work for our long term benefit. Her personal motto: Good health is your birthright. Keeping it is your choice.

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