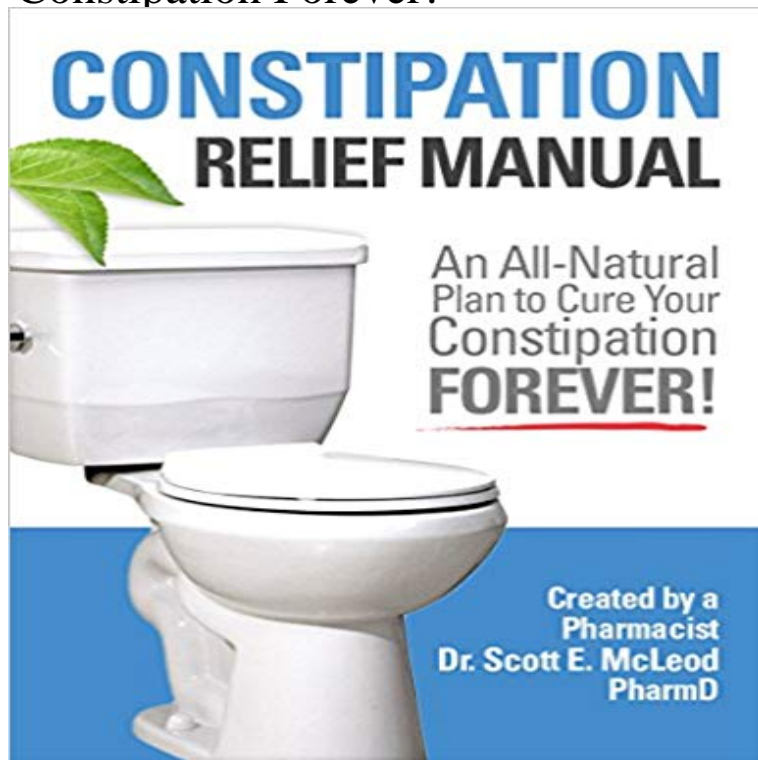


Constipation Relief Manual: An All Natural Plan to Cure Your Constipation Forever!



The TRUSTED Constipation Relief Guide
100% Safe, All-Natural, 24 Hour Plan
Created by pharmacist and author of natural health blog, DoctorScottHealth.com, Scott E. McLeod, PharmD Take a Look Inside the book for a quick summary of whats inside 1 Easy, step-by-step plan to relieve your constipation FAST 43 More awesome remedies that didnt make the official plan 4 Dangerous natural remedies you need to know 8 Types of drugstore constipation meds finally explained 17 Awesome whole foods that promote a healthy digestive track 1 Extensive guide explaining constipation and the digestive track Unique. Specific. Extremely Effective. * FRESH, unique and powerful strategy to eliminate even the worst constipation. The only book of its kind. The Constipation Relief Manual is not the same old information youve read on WebMD. You wont have to scratch your head wondering which remedy to use. This is a well-outlined plan. It was carefully created by a pharmacist, who over the years discovered a list of the best natural remedies for curing constipation and how to combine them into a powerful but easy-to-follow plan. Most individuals experience relief in 24 hours or less. This books teaches you how you can relieve constipation using: Whole foods Natural remedy recipes Herbs, spices and supplements Mechanical techniques Alternative healing therapies Ayurvedic approaches Exercise protocols Physical stimulation And more! Enjoy a Healthy Digestive System Once you have relieved your constipation, this book also gives you the information to help you restore your digestive track to excellent health and balance. Take control of your constipation and digestive health and experience renewed ENERGY and VITALITY. The One-and-Only Guide Youll Ever Need Whether you are suffering from chronic

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