



Acidophilus and Colon Health: A Self-Help Manual

David Webster

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Pollution of our planet is a fact of life, but lesser known perhaps, and no less serious, is our own internal pollution. Many people, professional and lay alike, are concerning themselves with cleansing the body. Vital to the purification of the internal system is the cleansing of the colon. Therefore it seems logical that disease-forming bacteria in the colon must be controlled and eliminated before health can be restored.

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