



## Toxic Relief: Restore health and energy through fasting and detoxification

*Don Colbert*

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# Toxic Relief: Restore health and energy through fasting and detoxification

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**Toxic Relief: Restore health and energy through fasting and detoxification** Don Colbert  
We live in a toxic world. And it is only getting more toxic by the day.

**You need toxic relief!**

In this new revised and expanded edition of *Toxic Relief*, Dr. Don Colbert provides an easy to understand and comprehensive explanation of the toxic battle you're in and a proven program to cleanse your body in just thirty days.

- Learn about dangerous foods to avoid and healthy substitutions you can make.
- Detoxify your body with a rotational juice fasting program.
- Overcome fatigue! Learn how to find the right foods and supplements.
- Explore the spiritual and physical aspects of fasting.
- Find out why saunas and exfoliating detox your body.

Deep cleansing your body down to the cellular level will renew your vitality, restore your energy, reclaim your health, shed toxic fat, lengthen your life, and give you a healthy glow you haven't had in years. Brighten your outlook and change your attitude as Dr. Colbert guides you to healthy living body, mind, and spirit.

## Toxic Relief: Restore health and energy through fasting and detoxification Details

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Author : Don Colbert

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## **From Reader Review Toxic Relief: Restore health and energy through fasting and detoxification for online ebook**

### **Dawn Moe says**

Scary Shit in the food we eat. We all SHOULD CLEANSE!

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### **Jennifer Zartman says**

This book contains good information about why we need to cleanse the inside of our bodies and how to do it. Dr. Colbert often repeats himself, perhaps for the benefit of people who choose to read only those chapters they deem pertinent. The amount of information about toxins and vitamins can be overwhelming, but having worked with a nutritionist and read other books I thought that Dr. Colbert handled the subject well and presented all the options as options, not requirements. I particularly liked the chapter "Eliminate the Negative," and his simple recommendations that can help our digestion like taking a moment to relax at the beginning of the meal.

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### **Russ Farmer says**

For no other reason, this book should be read in order to see just how much toxicity can enter your body through the environment. There are also great tips for cleansing your system to help fight various disorders, with very plain explanations on what a toxic body can really do to you.

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### **Jody Waterman says**

Best Chapter on spiritual fasting that I have ever read.

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### **Mike Hernandez says**

Dr. Don Colbert seems highly intelligent when it comes to medicine. When it comes to writing however, it seems he has a touch of literary amnesia. By this I mean that every other page is a repeat of what he said ten times already. I have a feeling that when people have a subject they wish to write about, but not enough subject matter to fill out an entire book, they fill it with nonsensical BS and repeat themselves a lot. Case in point, the first chapter tells you that by cleansing your liver through a diet of fruits and vegetables and an all juice fast, you can eliminate a number of chronic illnesses that plague most americans. The next bajillion chapters continue to not-so-subtley rephrase this point by saying stuff like, "chronic illnesses can be traced back to what we eat, and by detoxing our liver we can eliminate them." Fortunately this book goes quickly, especially if you learn to spot the repetitions and simply skip over them. Another aspect of this book that I find laughable is Colbert's integration (or attempt thereof) of health and religion. The book has three volumes, the third of which is titled "spiritual fasting". Here, the author attempts to make the reader believe

that God is just as important in maintaining physical health as a good liver cleansing. Just like Christian rock, I think that this is a subject in which God should be left out of. I skipped the last couple chapters. I did however, like some of the metaphors used in the book to describe the body's processes to the average shmuck (myself) such as the comparison of the liver to a car's oil filter and the blood to the oil. However, as with the book itself, this metaphor is somewhat disjointed because I'm pretty sure that if you correctly interpret the analogy, that would mean you have to have a liver transplant and a blood transfusion every couple of years and that you can buy a new body when yours completely craps out. In all, I give this book 3 out of 5 God fearing livers.

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### **Em says**

Great book, lots of science to back up the information. I will try it but when I have time to give it all to the juice fast. In the back it also has a devotional section on religious fasting which I enjoyed. I would recommend this book to anyone looking for a healthy fast or detox diet.

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### **Lynecia says**

Great info, not consistently well written, but what is the most important is the information. There WERE some parts where he failed to explain some terms, and it seemed like an editing oversight.

Just a note, this IS a Christian-based book. (The doctor is a Christian and has written several biblically based health books) the last part covers spiritual fasts/fasting. Anyone who isn't religious may be put off - (If you are reading this and that is you, just skip it. The first 80% is good information) Personally, I bought it because it covered both aspects of fasting, but Colbert is definitely part of the conservative/evangelical wing of the faith and it shows.

My last criticism is all the supplement pushing and the up-selling of certain products.

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### **Robin says**

A great book to assist someone in fasting. Not only does it provide medical insights, it also provides information on the biblical basis for fasting. It has recipes, too.

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### **Erin says**

Although the gaunt-looking gent on the cover is not the greatest ad for this book, we can't judge it by that alone!

Dr. Colbert's book is easy to read, and really breaks down the process of cleansing, and what subsequently goes on in your body as a result. Put the fear of toxins into me, for sure =) I didn't read it cover to cover, but chapters 6 through 9 were excellent and a great springboard for my personal detox.

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### **Larry Fox says**

This book is an easy read although some sections are full of technical details; yet even those sections are worth reading. Dr. Colbert's descriptions of his earlier health problems and those of his patients demonstrate how important it is to eliminate the foods, behaviors and environmental conditions that cause health problems. He also describes the enormous role proper diet plays in restoring our health. Many of his recommendations for recovery are common sense, once you understand why they work. In reality, all of us are exposed to toxins and they can seriously affect our health. There's no reason to accept poor health as a fact of life. Read "Toxic Relief" and you might discover the sources of your symptoms and how to get rid of them.

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### **Tony Jr. says**

This is an excellent book on the need and restoration power of periodic fasting combined with a healthly diet. The author covers: Why our world is so toxic, how fasting helps heal our bodies, the drawbacks of water fasting, how to fast step-by-step, how to break a fast, how to get the most out of your fast, how to juice fast, what foods help detox your body, the changes your body goes through on a fast, herbal teas to drink on a fast and much more. I highly recommend this book along with two others from the same author: 7 Pillars of Health and What would Jesus Eat?

Tony Rogers Jr

Author of Visionary:Making a difference in a world that needs YOU

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### **Adrienna says**

Dr. Colbert blew me away with the fact that "toxins" will build fatty tissues in our bodies and wonder why we are overweight or fat!

It is packed with so much information on chemicals, build-up toxin foods and air we breathe, and fasting from normal and spiritual sense. Great read and worth buying!

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### **Jessie says**

I liked this book for the information about detoxification and fasting, but I also enjoyed the tone of the writer. Doctor Colbert's style is so understanding and compassionate as he leads the reader through the need for detoxing without judging, that there is help and that he has some answers. Step-by-step, he shows us how to detox our bodies.

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## **Deanna says**

Definitely had some new, good ideas in it but I've read too many health books and it's hard to have one really stand out any more.

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## **Kelly Newton says**

The information was good. The book was extremely repetitive though. It may have been written so that each chapter could be read independently.

I have been looking for information about fasting for both nutritional and spiritual benefits and this book covered both topics. Because this book was written 10 years ago, some of the science was a bit dated, but overall it seemed to cover the basics. This author recommends short (1-3 day) juice fasts several times a year, and I have seen and read other publications that suggest the same thing (including the movie *Fat, Sick, and Nearly Dead*, which is about extended juice fasting).

As far as the spiritual side, Dr Colbert covered some of the major Biblical leaders and type of fasting they used (full, partial, etc) and the results of their choices.

In this book, and the one I read previously (*Fasting* by Jentezen Franklin), both authors made a similar statement that often in Scripture we find the phrase prayer and fasting, or giving, prayer, and fasting. We talk about praying. We talking about giving (and tithing), but rarely do I hear a sermon on fasting. I do believe it is an important component of worship.

Overall, I'd recommend the book, especially to people looking for some nutritional information about how our diets of processed and artificial foods affect our bodies. I would also recommend the spiritual section to people wanting to learn more about biblical fasting and what that can look like.

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