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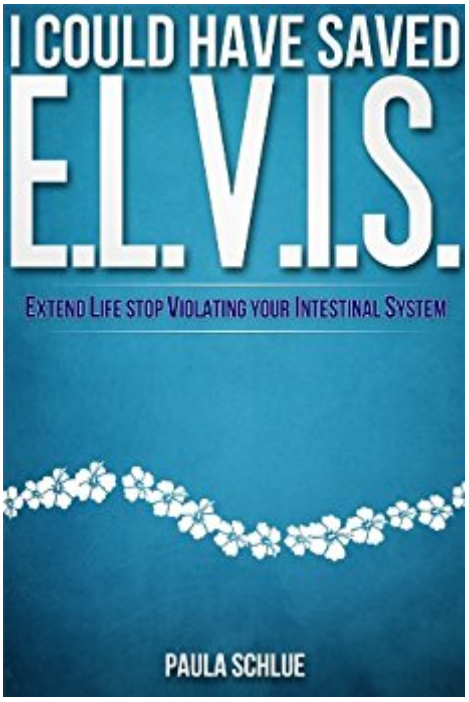
I Could Have Saved E.L.V.I.S.



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Synopsis

Mephis, TN August,1977-According to Elvis Presleyâ ™s doctor, his autopsy revealed the â œKingâ • died from constipation._____I Could Have Saved ELVIS. (Sadly, I did not) But I can save YOU!_____The health and wellness industry is booming. With dozens of supplements, hundreds of whiz-bang exercise machines and thousands of blogs and websites popping up daily, where do you begin? What works? What doesnâ ™t?I Could Have Saved ELVIS is a no nonsense approach to an often overlooked, but scientifically critical part of your healthâ |you colon. Inside these pages, youâ ™ll find 10 essential steps to a clean & healthy colon. More importantly, youâ ™ll have increased energy, a slimmer tummy and youâ ™ll feel GREAT!Why is your colon health a vital part of living a longer life? While your stomach digests your food, your colon is where your nutrition is processed. Did you know that:â ¢ 70% of our IMMUNE system is in the colonâ ¢ Detoxifying your system BEGINS with a healthy colonâ ¢ Over $725 million dollars are spent on LAXATIVES every yearâ ¢ 400,000 people have their colon replaced with a colostomy bag each YEARâ ¢ Colon cancer is #2 common cause of death in the USAI Couldâ ™ve Saved Elvis is your common sense approach to great colon health. It is more than simply drinking more water, eating more raw foods and avoiding alcohol. Inside these pages, youâ ™ll find a thorough explanation on 5 easy things you need more of and 5 simple things you need to avoid to maintain optimal colon health.Apply these basic principles every day. Youâ ™ll feel energized, healthy and lighter

Book Information

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Customer Reviews

Very interesting and instructive book on health. Many of the facts that you do not even know. The book describes all simple words, do not be lazy to read the really important things. I recommend to everyone.

As an Elvis fan, this title really caught my attention and I was surprised to find that it held really helpful information on living a healthy lifestyle. Colon health is not something that people really think about on a daily basis unless they are having issues such as constipation. This book talks about the importance of colon health and how it affects your life. I highly recommend this to anyone looking to improve their health.

I’m glad Paula lived in the same lifetime as myself and I’m not Elvis. I could not transform my health overnight but with this book I can make improvements over some time. If only this has been written during the time of Elvis...he would’ve recorded more songs with vitality!

As we get older we should be mindful of what we eat, as they say you are what you eat. After reading this book, I learned that it is not enough to have a certain food diet you should also take care of your colon. Taking care of your colon will give you longer life.

This book was a true eye opener for me. I learned things I didn’t know about healthy living and about how Elvis died. If you want to be healthy and have a healthy life, you need to read this book. Once you start reading it, it’s hard to put down

So interesting and helpful. Don’t think I would have looked at this book but for the title. Then I got caught by the health information and the importance of your colon.

It’s a very informative book! It taught me to be fully aware of my health. I would love to share this to

my friends so they would also be aware of their health.

Amazing tips on living a healthy lifestyle... Even though I'm 25 I found really useful things to start practicing now. I highly recommend this book!

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