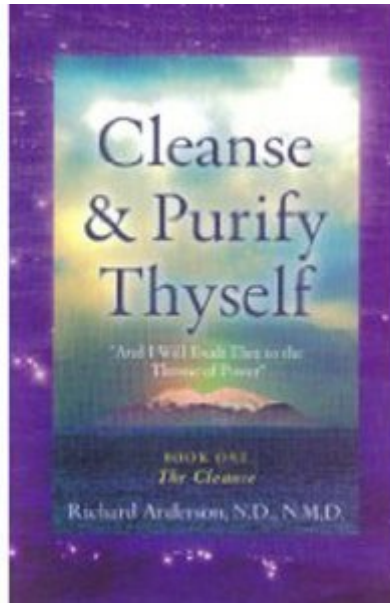
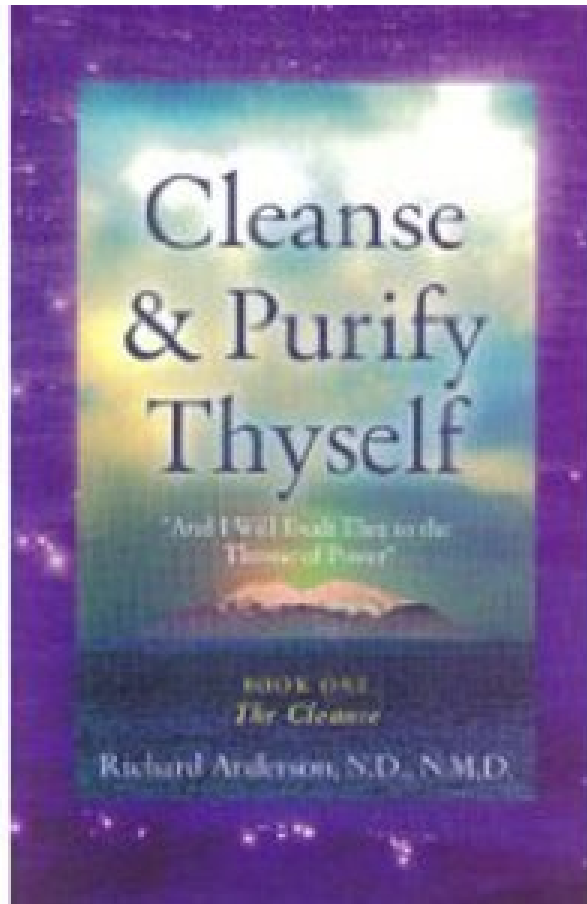


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About the Author

Dr. Richard Anderson Herbalist, Nutritionist, Author

In 1983, Dr. Richard Anderson was close to death with severe memory loss, devastating fatigue and pain. After various healing attempts, he went into the wilderness to fast and pray. Sudden and unexpected results occurred with his inspired discovery of a unique combination of herbs that allowed for thorough cleansing and revitalization of his internal organs.

A series of unusual events further developed Dr. Anderson's exceptional method of healing, based on internal cleansing, which promotes ongoing states of remarkable love and happiness. Rich went on to develop the Cleanse Thyself™ internal cleansing program as well as many other herbal formulas for Arise & Shine Herbal products, a company he founded. He has written two books and several booklets based on his experience and research. Rich is well-known for his colon cleansing theory and for the superior products that he creates.

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BY RICHARD ANDERSON PDF

The 2007 edition of Dr. Anderson's best-seller, Cleanse & Purify Thyself, Book 1 is newly edited for the 21st century, easy-to-read and contains numerous handy references.

This is probably the best book on internal cleansing that you will ever read. It tells you how to create an internal cleansing program for yourself, and it leaves you with no doubt as to why you would! This is informative and inspiring reading.

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