



The H.O.P.E. Formula: The Ultimate Health Secret, Brenda Watson, Renew Life Press, 2007, 097193097X, 9780971930971, 133 pages. Optimum digestion is essential to maintaining the overall health of your body, but poor nutrition choices can lead to digestive stress and problems such as heartburn, indigestion, gas and bloating. The HOPE Formula explains how a combination of High Fiber, Omega-3 Oils, Probiotics and Enzymes can help restore and maintain digestive health..

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You have the power to take control of your digestive health through proper diet and the help of the right supplements. How do I know? Because 20 years ago, I experienced a health break-down that doctors couldn't seem to fix so I took matters into my own hands. Since then, my mission in life has been to teach people like you how to achieve better health from what I have learned.

To learn the basics of the H.O.P.E. Formula, [CLICK HERE](#) to view the H.O.P.E Getting Started Guide. Plus, be sure to watch The H.O.P.E. Formula on PBS for much more information. Brenda is a best-selling author and among the foremost authorities in America on natural digestive support, detoxification and internal cleansing. She is a tireless crusader, dedicated to the fields of healthy digestion and detoxification, and to leading others onto the path of natural wellness.

Brenda has studied many philosophies of health and natural healing with some of the great teachers of our time. Dr. Bernard Jensen's work gave the foundation in healing that propelled her to found five natural health clinics in Florida which specialize in colon hydrotherapy and detoxification. The need for simplification of digestion and detoxification processes motivated Brenda to write her first book in 2002, *Renew Your Life*, which has sold over 100,000 copies. This book delves into the topics of detoxifying the body and organ systems as well as improving the selection and digestion of foods.

A best-selling author, Brenda's books include *Renew Your Life: Improved Digestion and Detoxification* (2002), *Gut Solutions: Natural Solutions to Your Digestive Problems* (2003), *Essential Cleansing for Perfect Health* (2006), *Gut Prescriptions* (2006), and *The H.O.P.E. Formula: The Ultimate Health Secret* (2006), which focuses on the beneficial role of high fiber, omega-3 oils, probiotics and enzymes in our everyday diet. The book led to her first nationally televised PBS special, *Brenda Watson's H.O.P.E. Formula* (2006).

Brenda's most recent book, *The Fiber35 Diet: Nature's Weight Loss Secret*, was released in

February 2007. The Fiber35 Diet teaches a lifetime system of healthy eating based on consuming 35 grams of fiber every day. It explains how a diet high in fiber can help support healthy weight loss and weight maintenance for life. A corresponding national PBS television special, Brenda Watson's Fiber35, will begin airing in March 2007 and continue to show throughout the year.

My wife and I caught her on PBS and were impressed enough to donate to them and get a set of books. We are very happy with them and they have helped us to lose weight and feel better. My wife is a Pharm D and she says they have sound medical advice. When she was going to have her gall bladder removed a couple weeks ago she looked at the "Gut Solutions" book. She wished she had seen it sooner since they had detailed information about the gall bladder and on gall stone symptoms. We have bought just about every other book she has published since. This one is a great start.

My husband's gastroenterologist sent him for every high-tech test which cost our insurance co. thousands of dollars to try to diagnose his abdominal discomfort. Absolutely no conclusions were reached by 3 M.D.'s and my husband's extreme pain continued for 2 year. The "purple pill" was recently prescribed by the family M.D. and the side effects became worse than the problem.

Lo and behold we heard of Brenda Watson's H.O.P.E. formula about 6 weeks ago and the change has been phenomenal. The cause of his problem is so clearly explained by Brenda and the solution has been easy to implement. Brenda Watson is a Godsend to anyone experiencing abdominal discomfort and she does a great job in this book.

A no-nonsense approach to better health with out going crazy exercising. I have studied nutrition for over 26 years and this really makes a lot of sense. M.D.'s that also have a nutritional background would have a hard time arguing that this isn't beneficial and the book is endorsed by one. The book explains the details of what the briefing on PBS covered. After a few days of following I already feel better. I am anxious to have my cholesterol checked after following the formula for a month.

This is one of the best books I have read. This book and PBS program on HOPE helped me understand what happens inside our body with respect to digestive system what we have to take care if we need to live longer and healthy. Guys I say don't hesitate to buy this book and this might save your or your loved one's life. I mean it. I have started following some of the recommendations. I am planning to buy detox strategy book by Brenda too.

This book had lots of information that i could use and understand. I already knew some stuff but this book explained your digestion better. Great book for someone who is looking to figure out how your body digest certain foods, toxins and such. I would recommend this book to read if you are interested in your health.

I recently had to change how I eat. Somebody told me about this H.O.P.E. being on PBS. I got the DVD and the books. It is very easy to understand. I would certainly recommend these products to anybody who wants to do food and eating changes and needs simple explanations. I went right out and got what Watson talked about. See DVD first, then read books for further explanations. If you are taking Prilosec and other such products daily, you really should investigate her DVD and books. You hear to take probiotics, and fiber, and omega 3, but did you ever hear of dietary enzymes? Do you know why these are important?

Best-selling author Brenda Watson is one of the foremost authorities in America today on natural digestive care and proper nutrition. Her highly popular book The H.O.P.E. Formula: The Ultimate Health Secret provides an inside look at the digestive system and explains why optimal digestive health is essential to sustaining the overall health of your body.

The nationally televised PBS special Brenda Watson's H.O.P.E. Formula is among the most watched programs ever aired on public television. When poor nutrition choices lead to digestive stress and other issues such as heartburn, indigestion, IBS, gas and bloating, leaky gut and more, a combination of High Fiber, Omega-3 Oils, Probiotics and Enzymes (H.O.P.E.) can help you restore

and maintain good digestive health.

The H.O.P.E. Formula describes the role of each organ and organ system involved in the digestive process and explains the causes and possible implications of impaired digestion. It discusses basic good nutrition and shows how simple changes in diet, as well as regular internal cleansing and detoxification, can help you restore and maintain optimal health.

Millions of Americans suffer from digestive disorders and spend more than \$120 billion per year on these problems. More than 65 million have chronic heartburn and over 58 million have irritable bowel syndrome (IBS), the second most cited reason for missed work behind the common cold. In many cases, these digestive disorders could be avoided or modified with a proper understanding of nutrition, digestion, elimination and stress modification. Taking the time to eat clean food, chewing thoroughly, eating probiotics (good bacteria like acidophilus and bifidobacteria), taking digestive enzymes, eating raw foods, and consuming optimum amounts of fiber and essential fatty acids are basic health guidelines that have been known and practiced worldwide for thousands of years. The skyrocketing incidence of chronic illnesses in the U.S.A. will continue until we embrace and promote these digestive care concepts. Best-selling author and founder of five natural health clinics, Brenda Watson, ND, shares her secrets to better digestive health in the new one-hour PBS program Brenda Watson's H.O.P.E. Formula: The Ultimate Health Secret. The acronym H.O.P.E. stands for High fiber, Oils, Probiotics and Enzymes. These four nutrients are as vital to one's health as vitamins and minerals. Dr. Watson believes that the proliferation of other health problems, including arthritis and diabetes, could have their start in the "gut." She shares her own struggle with poor health and presents her simple four-part solution before a live studio audience. [88 minutes]

Are you ready to have a clear mind and clear body? Are you ready to have more energy and to be more alert than you have ever been? Are you ready to lead the life you were meant to live? Are you ready for H.O.P.E.? In this book Brenda Watson will help you achieve the vibrant health and energetic life you deserve.

"...In the pages that follow, you will learn what happens to your food from the time it enters the mouth until it leaves the body. Furthermore, you will learn what can go wrong in the process and why. AND--most importantly--you'll learn how to avoid, as well as correct and reverse, problems with digestion and elimination. This book will provide you with the knowledge and information you need to achieve optimal and vibrant health; but as in all things in life, you must take the first step.

This book is a very Scientific overview of some basic principles of good nutrition, but written in a way us non-scientists can understand. I learned a few interesting things, but also re-read some things I already knew. I definitely eat more fiber now and actually know what the best foods are to find it!

Brenda Watson, C.N.C., is a bestselling author and one of the foremost dietary authorities in America today. She has gained national recognition with her televised PBS special, Brenda Watson's H.O.P.E. Formula: The Ultimate Health Secret. Ms. Watson has two grown children and currently lives in Florida with her husband, Stan, and their dogs. Visit her website at [www.brendawatson.com](http://www.brendawatson.com).

Brenda Watson (born May 15, 1953) is a natural health practitioner specializing in digestive care, nutrition, and internal cleansing and detoxification. Brenda became interested in holistic medicine when she faced her own struggle with poor health early in life. She has since dedicated her career to helping people improve their well being through natural remedies. Brenda is also the president and co-founder of Tampa Bay, Florida-based ReNew Life Formulas, Inc., which develops and manufactures herbal supplements. A New York Times best-selling author,[1] she has earned recognition with her PBS specials and television appearances.

Brenda Watson, C.N.C. has been a natural health practitioner for more than 20 years. Inspired by the holistic healing principles that helped her overcome her own battle with prolonged illness, she began her career in alternative medicine in 1993 with the establishment of five natural health clinics in the state of Florida specializing in herbal internal cleansing and detoxification. Through her clinical

work, Brenda discovered the natural remedies that helped her patients improve their health and soon after began formulating her own herbal blends.

In 1997 Brenda and her husband Stan Watson founded ReNew Life Formulas, Inc. The Tampa Bay, Florida-based company manufactures and distributes natural digestive care products and functional foods. ReNew Life reaches more than 3 million people annually through a commitment to retailer and consumer education and maintains a facility in Boulder, Colorado and a Canadian division located in Ontario.

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