
Correction

In the 2016 and 2018 printing of this book, a line is missing from the bottom of page 110. The highlighted part below is missing.

It should read:

“If this posterior part of the tongue is covered with coating, that is āma or toxins in the colon, indicating low colon energy.”

How to Tell Which Printing You Have

Look on the copyright page and see if your numbers match the highlighted ones in the images below. The text is missing from these printings.

You can print this page and glue into your book the text below:

covered with coating, that is āma or toxins in the colon, indicating low colon energy.