

Fix Your Gut: The Definitive Guide to Digestive Disorders (Paperback)



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Reviews

Basically no phrases to clarify. It really is rally fascinating throgh reading time. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Anabel Zemlak)

FIX YOUR GUT: THE DEFINITIVE GUIDE TO DIGESTIVE DISORDERS (PAPERBACK)

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Createspace Independent Publishing Platform, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Keys to unlock the gateway to health, starting with your digestion. Years of research on the most cutting-edge gut interventions like probiotics, prebiotics, and herbal/mineral supplementation, combined with data and observation from regular consultation on digestive ailments, have culminated in this 3rd Edition of the definitive guide to your gut health, Fix Your Gut. Find out the real causes of surface-level digestive disturbances like acid reflux, heartburn, excessive burping /indigestion, and even the occasional gas. Benefit from the holistic results of your new and improved digestion. There is an average of 70 million Americans diagnosed with digestive disorders every year. More and more Americans are rushing to their doctors to treat conditions like heartburn, gas, GERD, SIBO, IBS, ulcerative colitis, and Crohn s disease. In our modern world, more digestive diseases and problems are being discovered than ever before. The most concerning aspect in light of this onslaught of illnesses is that science and natural medicine are already way ahead of the curve in relieving them, yet patients are not being given answers. When digestion tanks, most people turn to conventional medicine, which is great for emergency procedures and life-threatening conditions, but often doesn t offer what is needed for the prevention and treatment of disease. In everyone s medical treatment, there are benefits from a balance of natural and conventional medicine. Individuals deserve to be given the information required to make their own decisions, not only in treatment options for problems that might arise, but in the development of a healthy overall lifestyle. This book gives you the best interventions to improve your gut health, including how to change your diet to optimize your digestive system and enhance total body function. An...

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