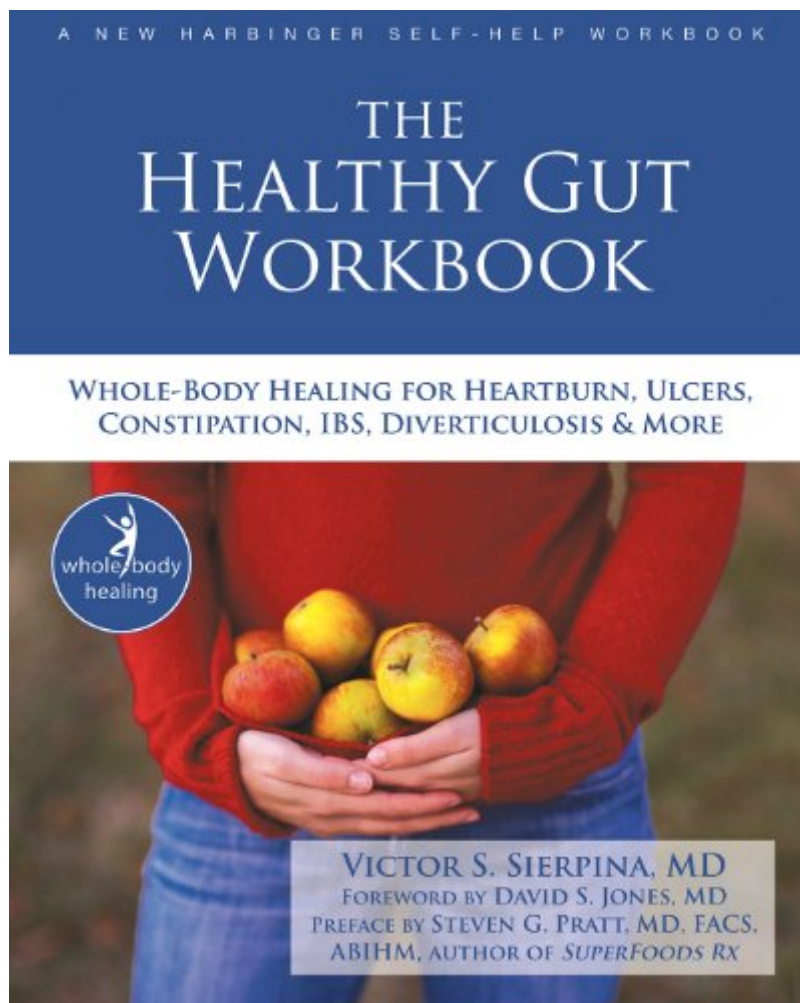


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# The Healthy Gut Workbook: Whole-Body Healing For Heartburn, Ulcers, Constipation, IBS, Diverticulosis, And More (The New Harbinger Whole-Body Healing Series)





## Synopsis

Your Guide to Complete Digestive Health A healthy digestive system is essential for total wellness, and digestive issues that cause discomfort and pain can seriously hamper our enjoyment of life. While there's no quick fix for curing the gut, effective holistic remedies can naturally, gradually alleviate almost every kind of gastrointestinal problem. In The Healthy Gut Workbook, you'll find a complete plan for restoring your body's delicate balance through gut-friendly meals, simple lifestyle changes, nutritional supplements, and, if needed, medications and medical procedures. You'll learn which foods to add and remove from your diet to dramatically reduce your symptoms right away, and also discover a variety of strategies for maintaining gut health. No matter what digestive problems you suffer with, the healing solutions in this workbook will help you find relief. This book includes integrative treatment plans for:

- Heartburn and reflux
- Gastritis and ulcers
- Diarrhea
- Constipation
- Excessive gas
- Gallstones
- Pancreatitis
- Liver disease
- Irritable bowel syndrome
- Crohn's disease
- Ulcerative colitis
- Diverticulosis
- Hemorrhoids

## Book Information

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## Customer Reviews

This book was so bad I barely know where to begin. First most of the 'okay' material can be found either online or in other books like his Mindful Eating with a raisin exercise. Jan Chozen Bays writes the exceedingly similar material in her book "Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food" (recommended). Also his material about 'how the gut works' was very similar to other books like, "The Elimination Diet Workbook: A Personal Approach to Determining Your Food Allergies." His originality shines through with faddish ideas about Superfoods yet he seems to not grasp what makes a food super, although he does through out the buzz term, 'nutrition density' \*eye roll\* Nothing helpful there. I thought his idea of 'everything is energy in energy out' wasn't original and it sounded from the book that he thought everyone with a weight problem had no clue how to exercise and ate from a bucket. Maybe a person writing a book on gut health might connect the dots that your weight could be effected by your gut health. Maybe he trips over this factoid or a sound bite later in the book, I couldn't finish the whole thing. This is a horrible book. I have had IBS since 2008. The Low-FODMAP diet helped me tremendously but I started having further problems last spring. I am a runner and love exercise and I cook (oooh' even "SUPERFOODS" \*eye roll\*) I purchased the book, "The Elimination Diet Workbook: A Personal Approach to Determining Your Food Allergies" -- and it's as good as this book is bad. A little wordy but it does give fresh insight and real information giving me the impression the author did a lot more than google. I hope this saves someone a few bucks.

Dr. Sierpina has presented his subject in a clear and easily readable format. The information flows smoothly from start to finish. He explains clearly in layman's terms the workings of the human GI tract, what can cause problems, and how to mediate these problems through a wise of selection of the foods that we introduce into it. This book should be used as a text for health classes in our secondary education system. I think it would have a very beneficial effect in solving the American obesity crisis.

In my clinical practice, "gut" conditions are commonplace and rarely do I find a source, like The Healthy Gut Workbook, that is helpful in clinic as well as an excellent resource for patients. It nicely brings together all aspects of healthy eating, including wisdom from integrative and functional medicine, and up-to-date research and gastrointestinal references, and it provides interactive

activities to help us learn about our GI tract and relevant habits. I'm sold; this is "the" resource book for patients' common GI conditions.

Seriously. Chronic stomach pain ceased after a few weeks.

Good well researched information on the entire digestive issue and the many related diseases. Broad information on a variety of conditions. Places to journalize in the book. Healthy food choices and many charts. Good general reference.

I got very little out of this "workbook" -- perhaps because the author tried to cover so many health issues. I should have focused on finding a book that covered only my one issue, not a half dozen. Very disappointing. I wasted my money. However, if you have IBS, diverticulosis, heartburn and ulcers, all of these, then GOFERIT.

This book makes diseases of the digestive system helpful to do something about. Practical suggestions allow the non-medical person who has problems in this area help themselves. Many times doctors don't really take the time to give the types of suggestions that can go a long way to relieving symptoms.

I loved the description of the digestive system and it's problems makes it so much more understandable what some of my problems are. This is an excellent reference book I will be using it for myself, family and friends.

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