

Healthy Gut Healthy You The Personalized Plan To T

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*Healthy Gut Healthy You The
Personalized Plan To T*

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ASHER BRADLEY

Healthy Gut, Healthy Life The Experiment

Achieve perfect gut health and optimise your wellbeing with this revolutionary 30-day healing programme. It is now widely recognised that gut health is critical to our overall health and that many major health concerns can be linked to an irritated or unhealthy gut. In fact, an unhealthy gut contributes to a wide range of chronic health disorders such as autoimmune conditions, Crohn's syndrome, irritable bowel, allergies, arthritis, chronic fatigue syndrome, depression and mood swings. What's worse, gut health issues affect a huge proportion of people and are often on-going and difficult to resolve. But it does not have to be this way. In this revolutionary 30-day programme, Christine Bailey shows you how, instead of treating the symptoms as they arise, you can tackle the root causes with five simple steps: Remove, Replace, Repopulate, Repair and Rebalance. This programme will help you to remove the underlying factors wreaking damage to your gut, restore digestive health, quench inflammation, heal the gut for good – and achieve true, long-lasting health.

Happy Gut Alpha

Second Edition! "THANK YOU !!!! I have been suffering from IBS and SIBO for years I came across your "gut health protocol" and followed it to a T... and I truly have not felt this good in years !!!!! You have given me my life back !!!!! I never realized how sick I was, and I forgot how a healthy person should feel. I thought I had to live my life feeling the way I did. Not the case at all !! To everyone out there.... read the gut protocol, follow what is suggested...its so worth it !!!" — Jackie A. "I've been doing John's protocol for the last two months and it has helped immensely with my SIBO. My bloating and stomach distention are pretty much gone, ditto stools pretty much normal and motility much better. I had a glucose breath test (unfortunately only for hydrogen) a couple of weeks ago and it was negative... I did the protocol full swing, all of the supplements and extra antimicrobials, as well as lifestyle changes. I'm not necessarily 100% better, but it's the first thing I've done beside a ridiculously restrictive diet that has actually helped me heal. In fact, previously my diet was slowly becoming more and more restricted. Give it a try, it's good stuff. And, hey John Herron, thank you!" — Michelle M. "I would like to share that I have had such great success. My gut is probably about 90% better. I realize that it still probably has issues and this is a journey of healing and keeping it well, but I have had no bloating, belching, constipation or diarrhea, and limited moments of soreness. I feel that I am now digesting my food and the shortness of breath, heart palpitations, and discomfort in my throat are gone too." — Berea F. "I just looked at your latest protocol and I have to say it is totally amazing! It seems more thorough than most of the 5 books I have read. Were/are you something famous for your job?" — Debbie H. The Gut Health Protocol outlines natural approaches

to tackling dozens of stomach and intestinal health issues using only scientifically studied natural herbs, supplements and diet. Supplements commonly available in local health foods stores and at your favorite online retailer. Many common ailments often have gut issues as their underlying cause, conditions such as: recurring stomach aches, diarrhea, constipation, heartburn, IBS, acid reflux, nausea, eating disorders, eczema, obesity, Chronic Fatigue Syndrome and even major depression have all been linked to gut issues. The root of many of these problems can often be traced quite convincingly to Small Intestinal Bacterial Overgrowth (SIBO), intestinal candida albicans, h.pylori bacteria overgrowth in the stomach, bacterial dysbiosis throughout the gut or other secondary conditions that these infections cause. The Gut Health Protocol, and The Gut Health Diet, can usually resolve these issues, and without damaging antibiotics or steroids. Even if you choose to go the antibiotic route The Gut Health Protocol can make the treatment more effective and can help prevent serious complications. The Gut Health Protocol contains over 1200 published scientific studies summarized and explained in easy to understand language, over 500 pages on paper, and reviews of several treatment options. Unlike many self-help books nearly everything in the book is based on science, not opinion. The author takes all of this brilliant research and translates it to the practical application of healing and caring for our gut. The book is written in such a way as allow your doctor to easily look up the scientific studies to validate the claims and treatment suggestions. No need to take the author's word for anything, you and your doctor can read the research. It is recommended that everyone works with a doctor to determine a treatment plan. Though everyone's condition is different, you can be feeling much better in as little as 2 weeks, naturally and without risky antibiotic treatments. Be sure visit The Gut Health Protocol on Facebook, there are thousands of members just like you, all helping each other.

The Scientifically Proven Way to Restore Your Gut Health and Achieve Permanent Weight Loss Penguin

Named one of Vogue's 'Best New Healthy Cookbooks'! Named 'Best Book for Improving Gut Health' in Healthista.com's 13 best healthy cookbooks of the year! 'Each page oozes wisdom and insight, mirrored with realistic tips and advice on nurturing your digestive health' Get the Gloss 'The most relevant and provocative nutritionist I've ever met' Nick Barnard, founder of Rude Health 'In a world of food fads, Eve's approach is grounded, sensible and do-able' Suzy Greaves, Editor, Psychologies 'Eve is smart and practical; her advice is spot on and her recipes are distinctive and easy to make' Ian Marber, nutritional therapist and author 'Each chapter leaves you feeling enlightened and fired up to make real change' Healthista.com In Be Good to Your Gut, nutritional therapist Eve Kalinik shows you the path to better digestion and reveals the far-reaching effects of good gut health - from a stronger immune system and balanced hormones to a greater resilience to stress and reduced inflammation. The real work on getting your gut to be as healthy and happy as it can be

starts with what you feed it. Eve's advice is complemented with over eighty enticing, nourishing recipes you'll want to eat over and over again, including Miso Cod with Wasabi Broccoli, Chocolate Chia Fudgy Pancakes, Matcha Banana Bread, Turmeric Chicken with Laksa Zoodles, Amandino Ice Cream and Happy Cow Burgers. If you simply want to improve your gut health and overall wellbeing but don't know where to start, or you are looking for further insight into digestive conditions such as IBS, the advice in *Be Good to Your Gut* will help you feel fantastic, and proves that being good to your gut is great for your taste buds, too.

Healthy Gut Cookbook Piatkus

A practical resource for restoring the microbial balance in our guts and rebooting overall health, featuring a simple 6-day, 2-phase detox cleanse and over 50 delicious Paleo-meets-Mediterranean recipes. The key to great digestive health lies in rewilding the gut and keeping the diverse microbes that inhabit it happy and thriving. In *Wild Mediterranean* Stella Metsovas breaks down the complex science behind digestive health and shares a deceptively simple and down-to-earth plan for ending the digestive issues that can have far-reaching effects on our everyday lives. Using foods you already know, trust, and love—delicious Mediterranean cuisine—it's easy to reintroduce essential microbes to your system and cultivate a healthy microbiome to banish bloating, discomfort, and irregularity forever. At the heart of *Wild Mediterranean* are Stella's unique village-to-table recipes, all based on the historically prebiotic-rich cuisines favored by the world's healthiest populations and her own family heritage. Packed with pre-tox and detox protocols for preparing the gut to heal, key lifestyle practices to support overall wellness, and the scientific evidence to back it all up, *Wild Mediterranean* is a practical resource for restoring the microbial balance in your gut and realizing your best digestive health.

Discover How a Happy Gut Holds the Key to Achieving and Maintaining Your Healthy Weight Penguin

The instant New York Times, USA Today, and Publisher's Weekly bestseller A bold new plant-based plan that challenges popular keto and paleo diets, from an award-winning gastroenterologist. The benefits of restrictive diets like paleo and keto have been touted for more than a decade, but as renowned gastroenterologist Dr. Will Bulsiewicz, or "Dr. B," illuminates in this groundbreaking book, the explosion of studies on the microbiome makes it abundantly clear that elimination diets are in fact hazardous to our health. What studies clearly now show--and what Dr. B preaches with his patients--is that gut health is the key to boosting our metabolism, balancing our hormones, and taming the inflammation that causes a host of diseases. And the scientifically proven way to fuel our guts is with dietary fiber from an abundant variety of colorful plants. Forget about the fiber your grandmother used to take--the cutting-edge science on fiber is incredibly exciting. As Dr. B explains, fiber energizes our gut microbes to create powerhouse postbiotics called short-chain fatty acids (SCFAs) that are essential to our health. SCFAs are scientifically proven to promote weight loss, repair leaky gut, strengthen the microbiome, optimize the immune system, reduce food sensitivities, lower cholesterol, reverse type 2 diabetes, improve brain function, and even prevent cancer. Restrictive fad diets starve the gut of the critical fiber we need, weaken the microbes, and make our system vulnerable. As a former junk-food junkie, Dr. B knows firsthand the power of fiber to dramatically transform our health. The good news is that our guts can be trained. Fiber-rich, real foods--with fruits, vegetables, whole grains, seeds, nuts, and legumes--start working quickly and maintain your long-term health, promote weight loss, and allow you to thrive and feel great from the inside out. With a 28-day

jumpstart program with menus and more than 65 recipes, along with essential advice on food sensitivities, *Fiber Fueled* offers the blueprint to start turbocharging your gut for lifelong health today.

The Healthy Baby Gut Guide America's Test Kitchen

The groundbreaking program that connects the microbiome and gut health to healthy weight loss, complete with a three-phase plan and recipes. Cutting-edge science has shown that the microbiome is the key to overall mental and physical health -- and the secret behind healthy, sustainable weight loss. Drawing on nearly two decades of experience as a specialist in functional medicine and intestinal health, Dr. Raphael Kellman has developed the first diet based on these scientific breakthroughs. Offering a proven program to heal your gut and reset your metabolism, along with meal plans and fifty delicious chef-created recipes, *The Microbiome Diet* is the key to safe, sustainable weight loss and a lifetime of good health. "Dr. Kellman masterfully presents a life enhancing, actionable plan based on this emerging science in a way that is user-friendly, for all of us." -- Dr. David Perlmutter, New York Times bestselling author of *Grain Brain*

Boost Your Immune System, Eliminate Disease, and Restore Digestive Health Rodale Books

Are you aware you should be taking care of your gut, but don't know where to start? Feel like you eat a balanced diet but constantly suffer from food comas and bloating? Or perhaps you're just interested in finding out the best way to eat for optimal health? Dr Megan Rossi finally uncovers the answers to these most Googled gut-health questions in her debut book, *The Gut Health Doctor*. Drawing from the latest scientific research, Dr Rossi shows us how understanding your gut can help with successful weight management, improved mood and fitness levels, healthier skin and boosted immunity. Busting myths around good gut health and even offering advice on how to check your poo, Dr Rossi shows how sleeping, relaxing and exercising will have a surprising impact on your gut health, offering easy hacks to super-charge your digestive health and beat the bloat. Packed with delicious gut-boosting meal ideas, tips for how to assess your own gut health and advice on how to diagnose food intolerances and deal with common gut complaints, take home this easy-to-digest bible of gut health that promises to make you happier and healthier from the inside out.

The Everything Guide to Gut Health Simon and Schuster

Lose weight and improve your health with delicious recipes and an easy-to-follow 28 day plan, with a foreword by Professor Tim Spector. A healthy gut is vital to our digestion, energy levels, weight and wellbeing. *The Healthy Gut Handbook* is a practical guide to boosting your gut health, and choosing foods that make you feel and look great. It includes a 28-day plan to kick-start a healthy gut, and helpful tips on how to maintain this way of eating for life. Over 80 tasty and simple recipes are full of easy-to-find and inexpensive ingredients vital to gut health, from yoghurt and olive oil to pulses, fermented foods, proper cheeses, and even wine and chocolate! With easy-to-follow daily planners, space to make your own notes and ideas on how to track your progress, *The Healthy Gut Handbook* makes eating for gut health simple, fun and - best of all - delicious! With a foreword by Professor Tim Spector, director of the British Gut project.

Fix the Real Cause of IBS, Bloating, and Weight Issues in 21 Days Siloam Press

Heal yourself of nasty food intolerances and nourish your body by starting with your gut! *Heal Your Gut* is a beautifully designed and photographed step-by-step protocol for restoring your inner gut health, via a treatment program and detox regime--supported by 90 anti-inflammatory recipes to heal and nourish. Whether you're suffering from a health issue aggravated by diet and a

poorly functioning digestive system, or whether you have an autoimmune or digestive disorder, food allergies or intolerances, IBD, IBS, Crohn's disease, celiac disease, leaky gut, inflammatory issues, thyroid problems, neurological disorders, obesity, diabetes, arthritis or fibromyalgia, this book will provide you with information, meal plans, and anti-inflammatory recipes to really heal your gut and get you back on track with your health. By following the protocol you'll feel more vibrant and alive, and have energy to burn. This book isn't just another fad diet: it contains recipes that have been specifically created to heal and also deliver vital nutrients, vitamins, and minerals to get your body systems functioning optimally.

A Nutrition Continuum Simon and Schuster

In this updated edition of a worldwide bestseller, Giulia Enders reveals the secrets and science of the digestive system—including new research on the connection between the gut and the brain. For too long, the gut has been the body's most ignored and least appreciated organ. But it does more than just dirty work; our gut is at the core of who we are. With quirky charm, science star and medical doctor Giulia Enders explains the gut's magic, answering questions like: Why does acid reflux happen? What's really up with gluten and lactose intolerance? How does the gut affect obesity and mood? A new section on the brain-gut axis dives into groundbreaking discoveries of psychobiotics – microbes with psychological effects that can influence conditions like depression and even stress. Aided with cheerful illustrations by Enders's sister Jill, this beguiling manifesto will make you finally listen to those butterflies in your stomach: they're trying to tell you something important.

Heal Your Digestive System to Restore Your Body and Renew Your Mind Simon and Schuster

"By combining cutting-edge technical and medical information from health experts with her own expert advice and insights as a patient who has been there herself, Shivan Sarna has created an invaluable resource for the millions of people struggling with SIBO." -Dr. Allison Siebecker A guide to recognizing and overcoming SIBO, with a 21-day plan to stop feeling bloated, start losing weight, and fix your gut. Millions of Americans suffer from bloating, constipation, diarrhea, food intolerances, and other gastrointestinal symptoms. Many spend years in pain before they figure out just what's going on with their gut. And while irritable bowel syndrome (IBS) is commonly diagnosed, SIBO, a disorder with basically all the same symptoms, is not. Some studies show eighty percent of people who suffer from IBS, mostly women, likely also have SIBO, an overlooked health issue that is difficult to diagnose. So, what is SIBO? The acronym stands for Small Intestine Bacterial Overgrowth, a disorder in which bacteria that usually live in other parts of the gut start to proliferate and take up residence in the small intestine. This causes a whole confluence of symptoms, ranging from bloating and cramps, to uncontrollable weight gain or weight loss, to even malnutrition when the bacteria eat up vital nutrients from our food. After decades of dealing with debilitating symptoms with no relief, Shivan Sarna's life finally changed when she was diagnosed with SIBO. As she eliminated her symptoms one by one through lifestyle changes and help from her physicians, she started to synthesize her personal experiences with Western and naturopathic medicine and dedicate herself to advocating for those suffering from SIBO, or those who think they could be. Now, in this groundbreaking book, Shivan shares her step-by-step plan to treat, manage, and even heal SIBO, with information on what to eat and what to avoid, how to build a routine to manage your symptoms, and how to work with your doctor to find supplements and medications that promote healing. Shivan also includes a 21-day plan, which includes more than 40 recipes to put you on the

path to recovery. Whether you're SIBO-diagnosed or SIBO-suspicious, this empowering guide will change the way you approach and think about your gut and overall health.

Supercharge Your Digestive Health and Transform Your Well-Being from the Inside Out Watkins Media Limited

Thousands of years ago, Hippocrates said that all disease begins in the gut. Scientific research has proven this idea to be true. In *Healthy Gut, Healthy You*, clinician and researcher Dr. Michael Ruscio shows how modern lifestyle changes and the widespread use of antibiotics have made our guts more vulnerable than ever before.

The Gut Health Protocol Simon and Schuster

Support your immunity, nourish your microbiome, and fuel your metabolism with this revolutionary guide to gut health Publisher's Note: *Love Your Gut* was previously published in the UK under the title *Eat Yourself Healthy*. The path to health and happiness is inside you—literally. It's your gut! When you eat well, you feed the helpful gut microbes that nourish your metabolism, your immunity, and even your mood. But your microbiome is as unique as you are, so how to eat well varies from person to person. There's more to it than one-size-fits-all advice like "Take probiotics" and "Eat more fermented foods"—in *Love Your Gut*, Dr. Megan Rossi cuts through the noise. You'll learn what your gut actually needs, how it works, and, most importantly, what to do when it's not loving you back. Gauge your gut health with 11 interactive questionnaires: How happy is your microbiome? Could you have a hidden food intolerance? Are your fruit and veggie choices stuck in a rut? You'll answer these questions and many more! Craft a personal action plan and treat common problems: Learn to manage IBS, bloating, constipation, heartburn, SIBO, and stress—with evidence-based diet strategies, gut-directed yoga flows, sleep hygiene protocols, bowel massage techniques, and more. Enjoy 50 plant-forward, fiber-filled recipes, including Banana, Fig, and Zucchini Breakfast Loaf, Sautéed Brussels Sprouts and Broccolini with Pesto and Wild Rice, Prebiotic Chocolate Bark, and more! Get ready to discover your happiest, healthiest self. Love your gut!

Happy Gut, Healthy Weight Countryman Press

A soothing and flavorful collection of 120 recipes for broths, fermented foods, greens, salads, meats, and more, proving that healing your digestive system doesn't have to be bland and boring. If you're seeking to alleviate Leaky Gut Syndrome—or if you follow a GAPS, Specific Carbohydrate Diet, Paleo, or gluten-free diet—you will find delicious relief within the pages of *Healthy Gut Cookbook*. With 120 recipes—and up to 30 variations—for bone broths, fermented foods, soups, yogurt, meat and fish dishes, appetizers, and desserts, you can heal yourself without compromising on flavor. Go beyond the recipes themselves and learn more about Leaky Gut Syndrome and its stages of healing, as well as the Leaky Gut Diet program, how to prepare for it, and what to expect. *Healthy Gut Cookbook* includes tips on preparing your kitchen and pantry for the diet, how to save time and money in preparing recommended foods, and advice on choosing the right supplements to go along with the diet. Plans to target your specific health issue allow you to get the most out of the *Healthy Gut Diet*, and expert tips guide you in maintaining gut health beyond the intensive stages of the plan. Authors Gavin Pritchard, RD, CSSD, CD-N, CDE and Maya Gangadharan, NTP, are your well-practiced experts in the world of nutrition, healing, and cooking. With their help, you will soon be well on your way to healing, without having to leave your love of food behind.

The Cleansing Program to Help You Lose Weight, Gain Energy, and Eliminate Pain Orion

Feeling great? Feeling lousy? Whatever you're feeling, CRAZY-GOOD LIVING: *Healthy Gums, Healthy Gut, Healthy Life* can

improve your health from the inside out. It's the only book written by a DDS/Medicine Practitioner who has proven the cellular connection between primal eating and health. An ancient diet saved his life after he switched from "healthy eating" to eating more like our ancestors. And his supercharged Ancient Nutrition Plan has worked wonders for some of his most severely disease-stricken patients. Lots of books give a few good reasons for returning to a simpler way of eating. More still offer some dietary tips and recipes. NONE has offered all that plus first-hand scientific studies-documented proof for how and why primal nutrition works-and could one day save your life. Written by Periodontist, Certified Primal Health Care Coach, and Certified Functional Medical Practitioner Alvin H. Danenberg, it is destined to become a classic in the field of healthful living.

A Nutritional Approach To Healing SIBO, Intestinal Candida, GERD, Gastritis, and other Gut Health Issues

Harper Collins

Thousands of years ago, Hippocrates said that all disease begins in the gut. Scientific research has proven this idea to be true. In *Healthy Gut, Healthy You*, clinician and researcher Dr. Michael Ruscio shows how modern lifestyle changes and the widespread use of antibiotics have made our guts more vulnerable than ever before. Over two thousand years ago, Hippocrates said that all disease begins in the gut. Now backed by extensive scientific research, this idea still holds true today. In *Healthy Gut, Healthy You*, clinician and researcher Dr. Michael Ruscio shows how modern lifestyle changes and the widespread use of antibiotics have made our guts--and the essential bacteria they contain--more vulnerable than ever before. The good news is that almost any ailment--including depression, fatigue, weight gain, autoimmunity, insomnia, and hypothyroidism--can be healed. The key is not just managing the symptoms but treating the root cause: the gut. Restoring this crucial part of your overall health improves the performance of your whole body from the inside out--and it's easier than you think to get started. You don't have to follow crazy diets or spend a fortune to get healthy. Instead, read this book to discover how the gut works and its role in your body, practical diet and lifestyle advice to support your gut health, simple and actionable tools to repair your gut, and an innovative, user-friendly plan to heal, support, and revitalize your gut. A vibrant, healthy you begins with your gut--start healing your body today!

Healthy Food, Healthy Gut, Happy Child Clarkson Potter
Reset your gut and boost digestive health in 7-days with a clear meal plan, guidance, and recipes from the Gut Health Diet for Beginners. Gut health is essential to whole body health. Offering the quickest plan to cleanse your microbiome, Gut Health Diet for Beginners kick-starts your gut healthy diet to promote digestive health and healing in 7-days. From day one, this general gut health diet eliminates the guesswork of starting a new eating regimen with useful guidance, shopping lists, and preparation guides. With a clear meal plan--featuring 75 easy, 5-ingredient recipes that you can choose from--Gut Health Diet for Beginners is a fast and effective solution to find out if your body would benefit from following a gut healthy diet. Gut Health Diet for Beginners includes: Gut health 101 that explains how gut health affects your overall health, and outlines foods to enjoy and avoid to maximize results. 7-day meal plan that includes 75 clean and easy, 5-ingredient recipes with shopping lists and prep guides for every week. 5-steps for success that eliminate the stress of starting a new diet by guiding you through kitchen and pantry prep, meal prep and planning, symptom tracking, plus healthy habits to pursue alongside the diet. A guide for next steps that helps you select the best diet for your gut health once you've completed the 7-day diet. Whether you decide to continue a

general gut health diet or commit to GAPS, AIP, or a low-FODMAP diet, Gut Health Diet for Beginners is your introduction to a lifetime of gut healthy eating.

Wheat Belly Penguin

This book examines the role of fermented foods on human gut health and offers a unique contribution to this rapidly growing area of study. Fermented foods have been consumed by humans for millennia. This method of food preservation provided early humans with beneficial bacteria that re-populated the gut microbiota upon consumption. However, novel methods of production and conservation of food have led to severed ties between the food that modern humans consume and the gut microbiota. As a consequence, there has been a documented increase in the prevalence of autoimmune diseases and obesity, which has been correlated to decreased diversity of gut microbes, while infectious disorders have decreased in the three past decades. With the intention of providing a thorough overview of the relationship between fermented foods, nutrition, and health, the editors have grouped the chapters into three thematic sections: food and their associated microbes, the oral microbiome, and the gut microbiome. After an introduction dedicated to the environmental microbiome, Part I provides an overview of what is currently known about the microbes associated with different foods, and compares traditional forms of food preparation with current industrial techniques in terms of the potential loss of microbial diversity. The chapters in Part 2 explore the oral microbiota as a microbial gatekeeper and main contributor to the gut microbiota. Part 3 introduces beneficial modulators of the gut microbiome starting with the establishment of a healthy gut microbiota during infancy, and continuing with the role of probiotics and prebiotics in health preservation and the imbalances of the gut microbiota. In the final section the editors offer concluding remarks and provide a view of the future brought by the microbiome research revolution. This study is unique in its emphasis on the convergence of two very relevant fields of research: the field of studies on Lactic Acid Bacteria (LAB) and fermented foods, and microbiome research. The relationship between these fields, as presented by the research in this volume, demonstrates the intimate connection between fermented foods, the oral and gut microbiota, and human health. Although research has been done on the impact of diet on the gut microbiome there are no publications addressing the restorative role of food as microbe provider to the gut microbiota. This novel approach makes the edited volume a key resource for scientific researchers working in this field.

Whole-Body Healing for Heartburn, Ulcers, Constipation, IBS, Diverticulosis, and More Springer Nature

"Leaky Gut Syndrome is often poorly understood, yet indeed is a real syndrome and may be the cause of several diseases such as depression, asthma, IBS, Crohn's, and chronic fatigue. Leaky gut diets, such as the GAPS diet and the Specific Carbohydrate diet, have been used to alleviate this syndrome, but neither diet has attained the scientific backup or recognition until now. By following a healthy gut nutritional diet, you enable the gut lining to slowly heal itself by removing the foods and harmful bacterial that cause stomach inflammation and trigger this intestinal barrier opening, allowing the body to heal and possibly reverse or prevent certain diseases. *Idiot's Guide: Healthy Gut Diet* covers: - What your gut is and how it works, what happens when the gut's microflora become unstable, and how instability wrecks havoc on your body and autoimmune system. - Causes and contributors that do damage to intestinal lining. - How gut microflora are linked to mental health issues and disease (eating disorders, anxiety, autism, ADHD, depression, bipolar disorder, etc.) and physical health (IBS, IRD, asthma, acne, etc.). - The diet's fundamental

basics, including a comparison to the Specific Carbohydrate Diet, the GAPS Diet, and the Paleo Diet, and the diet's stages of healing. -How to start healing the gut through removing foods, in addition to better food choices and supplement inclusion. -The diet's program with meal plans and recipes (bone broths and meat stocks, fermented foods, soups, yogurt). -Preparing your home with the diet's essentials (such as food, cooking, and fermenting supplies), detoxifying the body by minimizing the home's toxins, and living the lifestyle. -The pitfalls you might experience and how to fix them, in addition to dealing with food intolerances and allergies, along with what to do when the diet isn't working."

The Inside Story of Our Body's Most Underrated Organ (Revised Edition) Yellow Kite

Uncover how probiotics can supercharge your health with this powerful guide! Do you want to discover how you can drastically improve your gut health? Interested in learning about probiotics, but you're not sure where to start? Then keep reading. Having a healthy gut microbiome is a vital part of our overall physical condition, which is scientifically-proven to help us live longer, stay healthier, and make the most of our bodies. Probiotics can have a drastic impact on all areas of our health, including our

cognitive function, metabolism, immune system, and much more. Now, this book delves into the science behind probiotics, arming you with the knowledge you need to boost your health and experience the countless benefits of a healthy gut. From understanding the differences between probiotics and prebiotics to how a healthy microbiome can help fight countless ailments including IBS, Crohn's disease, obesity, and much more, this book is perfect for anyone looking to improve their health. Inside this comprehensive book, you'll discover: · An Introduction to Probiotics - Everything You Need to Know · The Underlying Science of Probiotics and Gut Health · The Powerful Impact of Probiotics on The Human Body · How to Develop a Healthy Gut Microbiome · Why Probiotics Can Help Cure Crohn's Disease, IBS, Obesity, and More · Understanding the Key Differences Between Probiotics and Prebiotics · How Prebiotics Can Help Reduce Cancer Risk, Control Blood Pressure, and Reduce Inflammation · The BEST Foods for a Healthy Gut Microbiome · And So Much More! Covering the science, the future of probiotics, and a wide range of probiotic recipes for yogurts and other foods for a healthy gut microbiome, this definitive guide offers a profound plan for lasting health. Supercharge your body, develop a powerful gut microbiome, and begin your journey to a healthier life! Buy now to discover the wonders of a healthy gut today!