



The book was found

Happy Healthy Gut: The Natural Diet Solution To Curing IBS And Other Chronic Digestive Disorders

HAPPY HEALTHY GUT

The Natural Diet Solution to Curing IBS and
Other Chronic Digestive Disorders



JENNIFER BROWNE

*"Jennifer Browne tells a much needed personal story
about her life . . . a story well worth reading."*
T. Colin Campbell, PhD, Co-Author of *The China Study*



Synopsis

Millions of Americans deal with daily digestive malfunction and attribute it to genetics or faulty wiring. Jennifer Browne reveals the common denominator present in almost all chronic digestive angst: food. What we choose to fuel ourselves with has a direct impact on every part of our bodies, starting with the digestive system. Browne urges us to own responsibility for our own health and make conscientious decisions regarding the cause and effect foods have on our digestive tracts. Written in frank, humorous laymen's terms and sharing her own personal success story along with others', Browne passionately educates her readers on why a plant-based diet is the only prescription necessary for a happy, healthy tummy. Discover the direct correlation between digestive trauma and factory farming; the incredible benefits of juicing, fermenting, and sprouting food; the reason why GMOs lead to IBS; and what ingredients really just translate to 'sugar' or 'lab-created chemical.' • Heal Your Gut is an easy read that is truly important and highly informative for anyone who has ever dreamed of a perfectly functioning digestive system.

Book Information

File Size: 1452 KB

Print Length: 272 pages

Publisher: Skyhorse Publishing; 1 edition (January 2, 2014)

Publication Date: January 2, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00H12FLFY

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #475,171 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #22

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments >

Irritable Bowel Syndrome #57 in Books > Health, Fitness & Dieting > Diseases & Physical

Ailments > Irritable Bowel Syndrome #78 in Kindle Store > Kindle eBooks > Medical eBooks >

Internal Medicine > Gastroenterology

Customer Reviews

Not really all that great.

Wonderful Seller; Will order from again :0)

thanks

Could have used a bit more of the natural science behind her findings....I like the research to support any recommendations. Good start for many who suffer in this way though.

Those who suffer from digestive issues will benefit from reading this book. The author provides guidance on how to shift to a plant-based diet in order to ease digestive problems like IBS. The author also writes with enthusiasm and this book convinced me to give up meat, and my tummy is much happier now.

Just basic common sense ideas that help you have a better life. And all written in a way that makes it easily understandable. I've recommended this book to many of my clients.

Happy Healthy Gut by Jennifer Browne is not only a great read for those who suffer from Digestive Disorders but for anyone who wants to feel healthy! Highly informative, witty, spirited, personable, and engaging.

The author has written a very personal story of her battle with and victory over IBS. I salute her. Having chronic digestive problems is not fun and very frustrating. Many people never find relief. Her solution is a plant based diet with as much raw food included as possible. I am glad this worked for her but for many people a diet high in raw vegetables would only make their situations worse. She presents some good science based information and then some, in my opinion, questionable information. For example, her anti-dairy stance is not based on science but based on the premise that some folks have taken that humans aren't meant to drink cow's milk. I find it interesting that right now many people are reporting that raw cow's milk is improving their long term digestive problems. I am not going to bash this book because I think it can help some people with a problem that their primary care doctors might not be able to help them with. Just keep in mind that this is written by a layman. She has worked hard to be educated on nutrition and related medical

conditions, but as her bibliography and resources show, she often turned to popular press type information and some pseudo-science/medicine websites with questionable motives.

[Download to continue reading...](#)

Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) Happy Healthy Gut: The Natural Diet Solution to Curing IBS and Other Chronic Digestive Disorders Irritable Bowel Syndrome: The Ultimate Guide to Eliminating IBS and Living a Healthier Life (The Ultimate IBS Diet Guide, Managing IBS for Real People, Take Control of IBS, Eating for IBS) Resistant Starch: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut Book 1) The Low-FODMAP Diet Cookbook: 150 Simple, Flavorful, Gut-Friendly Recipes to Ease the Symptoms of IBS, Celiac Disease, Crohn's Disease, Ulcerative Colitis, and Other Digestive Disorders Trust Your Gut: Get Lasting Healing from IBS and Other Chronic Digestive Problems Without Drugs The IBS Diet: How To Manage Your Irritable Bowel Syndrome Through Food For A Healthier and Happier Life (IBS Relief, IBS Solution) The Low-FODMAP Cookbook: 100 Delicious, Gut-Friendly Recipes for IBS and other Digestive Disorders Digestive Health with REAL Food: A Practical Guide to an Anti-Inflammatory, Nutrient Dense Diet for IBS & Other Digestive Issues Is It Leaky Gut or Leaky Gut Syndrome: Clean Gut, Allergies, Fatty Liver, Autoimmune Diseases, Fibromyalgia, Multiple Sclerosis, Autism, ... & More (Digestive Wellness) (Volume 2) IS IT LEAKY GUT OR LEAKY GUT SYNDROME: Clean Gut, Allergies, Fatty Liver, Autoimmune Diseases, Fibromyalgia, Multiple Sclerosis, Autism, Psoriasis, Diabetes, ... & More (Digestive Wellness Book 2) The Everything Guide To The Low-FODMAP Diet: A Healthy Plan for Managing IBS and Other Digestive Disorders The Everything Guide To The Low-FODMAP Diet: A Healthy Plan for Managing IBS and Other Digestive Disorders (Everything®) Your Nutrition Solution to a Healthy Gut: A Meal-Based Plan to Help Prevent and Treat Constipation, Diverticulitis, Ulcers, and Other Common Digestive Problems Food Journal for Digestive Disorders: Keep Record of Food Intake and Symptoms in the Food Journal for Digestive Disorders The Complete Low-FODMAP Diet: A Revolutionary Plan for Managing IBS and Other Digestive Disorders The Gut Balance Revolution: Complete Digestive Health Program for a Healthy and Clean Gut (Abdominal Health Book 6) IBS and ESSENTIAL OILS.: How to Treat IBS with Essential Oils, Fodmap, and Proven Simple Steps to Follow with List of 50 IBS Diet Recipes for Breakfast, Lunch and Dinner. Conquering Irritable Bowel Syndrome: Essential Tips to Prevent, Manage, and Eliminate IBS Forever (Irritable bowel syndrome, Irritable bowel, IBS, IBS diet, stomach problems Book 1) Dr. M's

Seven-X Plan for Digestive Health: Acid Reflux, Ulcers, Hiatal Hernia, Probiotics, Leaky Gut, Gluten-free Gastroparesis, Constipation, Colitis, ... & more (Digestive Wellness Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)