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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 health . . . 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 laymenâ™s terms and sharing her own personal success story along with othersâ™, 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 âœsugarâ• or âœlab-created chemical.â• 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:Â 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 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome #57 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome #78 inÂ 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.

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

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