
Pdf The Digestive Health Solution Book By Exisle Publishing

Recognizing the pretentiousness ways to get this books **Pdf The Digestive Health Solution Book By Exisle Publishing** is additionally useful. You have remained in right site to begin getting this info. acquire the Pdf The Digestive Health Solution Book By Exisle Publishing belong to that we come up with the money for here and check out the link.

You could buy guide Pdf The Digestive Health Solution Book By Exisle Publishing or get it as soon as feasible. You could speedily download this Pdf The Digestive Health Solution Book By Exisle Publishing after getting deal. So, later than you require the books swiftly, you can straight get it. Its suitably completely easy and thus fats, isnt it? You have to favor to in this way of being



World Scientific

Short Bowel Syndrome: Practical Approach to Management is the first reference exclusively about the issues experienced by patients with a short bowel. It covers all aspects of normal and abnormal physiology, the presenting features, and outcomes, including metabolic problems, gallstones, and renal stones. It discusses both medical and surgical treatments, including intestinal transplantation. The use of growth

factors, which is likely in the future to become increasingly important in promoting intestinal structural adaptation, is extensively discussed. Special emphasis is given to the psychosocial aspects of the quality of life of patients, including support groups. Emphasis is also given to the importance of an experienced multidisciplinary team in caring for these patients. This book is particularly timely given the recent advances in the management of Short Bowel Syndrome, including the availability of pharmacologic agents to enhance intestinal absorption, refinements in parenteral nutrition, and surgical procedures designed to eliminate the need for parenteral nutrition support. The goal of this international, interdisciplinary book is to bring the subject of Short Bowel Syndrome to a wide audience. A wide range of specialists have contributed to this book to provide various viewpoints on the state-of-the-art care of those with this condition.

The UltraMind Solution Exisle Publishing

A bestselling author's groundbreaking eating plan that challenges the

notion that starch is unhealthy. From Atkins to Dukan, the fear-mongering about carbs over the past few decades has reached a fever pitch; the mere mention of a starch-heavy food is enough to trigger a cavalcade of shame and longing. In *The Starch Solution*, bestselling diet doctor and board-certified internist John A. McDougall, MD, and his kitchen-savvy wife, Mary, turn the notion that starch is bad for you on its head. *The Starch Solution* is based on a simple swap: fueling your body primarily with carbohydrates rather than proteins and fats. This will help you lose weight and prevent a variety of ills. Fad diets come and go, but Dr. McDougall has been a proponent of the plant-based diet for decades, and his medical credibility is unassailable. He is one of the mainstay experts cited in the bestselling and now seminal China Study—called the "Grand Prix of epidemiology" by the New York Times. But what *The China Study* lacks is a plan. Dr. McDougall grounds *The Starch Solution* in rigorous scientific fact and research, giving readers easy tools to implement these changes into their lifestyle with a 7-Day Quick Start Plan and 100 delicious recipes. This book includes testimonials from among the hundreds Dr. McDougall has received, including people who have lost more than 125 pounds in mere months as well as patients who have conquered lifethreatening illnesses such as diabetes and cardiac ailments.

The Blood Sugar Solution 10-Day Detox Diet Simon and Schuster

Dr. Hyman's revolutionary weight-loss program, based on the #1 New York Times bestseller *The Blood Sugar Solution*, supercharged for immediate results! The key to losing weight and keeping it off is maintaining low insulin levels. Based on Dr. Hyman's groundbreaking Blood Sugar Solution program, *THE BLOOD SUGAR SOLUTION 10-DAY DETOX DIET* presents strategies for reducing insulin levels and producing fast and sustained weight

loss. Dr. Hyman explains how to: activate your natural ability to burn fat--especially belly fat; reduce inflammation; reprogram your metabolism; shut off your fat-storing genes; de-bug your digestive system; create effortless appetite control; and soothe the stress to shed the pounds. With practical tools designed to achieve optimum wellness, including meal plans, recipes, and shopping lists, as well as step-by-step, easy-to-follow advice on green living, supplements, medication, exercise, and more, *THE BLOOD SUGAR SOLUTION 10-DAY DETOX DIET* is the fastest way to lose weight, prevent disease, and feel your best.

Dr. Psenka's Seasonal Allergy Solution Sterling Publishing Company Incorporated

Live Dirty, Eat Clean—because every serious disease or chronic ailment begins in our gut. The author of *Gutbliss* and one of today's preeminent gastroenterologists distills the latest research on the microbiome into a practical program for boosting overall health. The microbiome—the collective name for the trillions of bacteria that live in our digestive tract—is today's hottest medical news topic. Dr. Robynne Chutkan explains how the standard Western diet and our super-sanitized lifestyle are starving our microbes, depleting the "good bugs" that are crucial for keeping us healthy, and encouraging overgrowth of exactly the wrong types of bacteria. But, as Dr. Chutkan explains, there are effective lifestyle and diet changes we can make to reverse this damage. Dr. Chutkan has helped thousands of patients suffering from a disordered microbiome with her

comprehensive Live Dirty, Eat Clean Plan, designed to remove damaging medications and foods, replace important bacteria that have been lost, and restore health. The Microbiome Solution offers: a microbiome overview, nourishing recipes, questions for your doctor, preventative and recovery health tips, and the next frontier for a severely troubled microbiome—the stool transplant. This is the first book to provide a practical, effective plan for replenishing and optimizing the vital ecosystem in our gut. Start living dirty and eating clean today to ward off disease and begin the path toward lifelong, vibrant health.

Happy Healthy Gut Da Capo Lifelong Books

Chalene Johnson, New York Times best-selling author and award-winning entrepreneur who's built and sold several multimillion-dollar lifestyle companies, offers a revolutionary fitness program with proven success based on her successful online program of the same name. Diets are dumb. You aren't. Your personalized plan for gut health, wellness, and weight loss You're smart. You're sick of gimmicks and trendy diets that leave you with frustration and a slower metabolism. The 131 Method gets to the root of the problem--gut health--and delivers a personalized solution to wellness, hormone balance, and permanent weight loss based on the Nobel Prize-winning science of autophagy and diet phasing. Finally, a science-based solution that's actually doable! Following her own health scare, health and wellness expert Chalene Johnson set out to understand the science and individuality of metabolism. Working with renowned researchers, doctors, and registered dietitians, she developed a simplified 3-phase plan for health promoting weight loss. This proven methodology was tested with more than 25,000 individuals. Now she distills the essentials of her hugely

successful online program into the 131 Method book. 1 Objective (set by you!), 3 Weeks of Diet Phasing, and 1 Week to Fast and Refuel. 131 Method guides you through Chalene's three-phase, 12-week solution, helping you personalize every step of the way. You'll: • Lose weight without slowing your metabolism • Improve gut health and boost immunity • Fix cravings and reset hormones • Discover 100 delicious, easy recipes The 131 Method isn't a one size fits all diet, it's how to eat a diet that works! You'll get everything you need to change your thinking, transform your body, and improve your life . . . for good! The Banting Solution Penguin

Recent studies show that the number of people suffering with seasonal allergies has been skyrocketing and is expected to continue increasing into the foreseeable future. And in the United States alone, 65 million people suffer with seasonal allergies on a regular basis. In Dr. Psenka's Seasonal Allergy Solution, author and naturopathic physician Dr. Jonathan Psenka tells readers they can—and should—aim for a cure. Readers will discover how people often attempt to manage the symptoms of their seasonal allergies with pills, sprays, drops, and even painful shots. But very few of these medications treat the cause, so symptoms are likely to return year after year. Dr. Psenka has developed a highly detailed, fourstep plan, so readers will finally target the root cause of their seasonal allergies and be free of allergy medication. By following Dr. Psenka's advice on how to use natural remedies before, during, and after allergy season, readers can finally wave good-bye to their pesky runny noses and scratchy throats.

Natural Solutions for Digestive Health Penguin

A New York Times-bestselling author helps readers "unlearn" everything medical experts have been teaching about healthy eating for the last three decades and reveals the true path to digestive health through proper diet supported by nutritional supplements.

Gut Solutions Rockridge Press

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

Fundamentals of Foods, Nutrition and Diet Therapy Rodale Books

True health is as much a matter of mind as it is a matter of body. It is about total wellness. The author has meticulously sifted through thousands of international studies on all aspects of health and medicine, both modern and alternative, and wellness philosophies and reduced them to 181 short, crisp, fact-based and helpful explanations you can incorporate in your daily routine. Like all good things in life the secret of good health lies in concepts that are simple, practical, easy-to-follow and inexpensive; ideas that may seem small or insignificant, but are the way to a fitter, healthier and a happier life.

Happy Gut Renew Life

Nutrition and Functional Foods in Boosting Digestion, Metabolism and Immune Health explores the role of appropriate nutrition and digestive enzymes in healthy digestion. The book addresses salient gastrointestinal features involved in healthy digestion pathophysiology, including coverage of the enzyme-

microbiome connection and linkage, features of indigestion problems, roles of traditional and conventional ethnic foods, structurally diverse digestive enzymes, drugs, nutraceuticals and novel digestive formulations. In addition, the book addresses technological breakthroughs that have led to recent, novel discoveries and outlines nutritional guidelines and recommendations to achieve healthy digestion. This book is a useful resource for nutrition researchers, nutritionists, physicians working in the field of digestive health, pharmacists, food experts, health professionals, nurses and general practitioners, public health officials and those teaching or studying related fields. Provides coverage of digestion, human physiology and the enzyme-microbiome linkage Covers indigestion problems, including gut dysbiosis and its role in chronic disease Addresses traditional and conventional ethnic foods Discusses digestive enzymes, as well as digestive drugs, enzymes, nutraceuticals and novel formulations Fiber Fueled Digestive Health Solution 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.

Gut Health America's Test Kitchen

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.

Short Bowel Syndrome Hay House, Inc

A comprehensive and integrative approach to achieving digestive health using mainstream, complementary, and alternative therapies • Offers complete information on herbal and homeopathic remedies, supplements, diets, medical tests, and environmental toxin reduction • Includes a step-by-step diet to help readers moderate their carbohydrate intake and balance blood sugar levels • Contains effective therapies for 30 digestive disorders, from candida to ulcers According to the National Institutes of Health, more than 90 million Americans suffer from digestive disorders. Drawing on the expertise of 25 practitioners, Optimal Digestive Health explores the symptoms, possible causes, medical testing, and effective treatments for 30 digestive disorders, from candida and colitis to ulcers. In addition, the authors explain the role digestion plays in many other health conditions, such as arthritis, fibromyalgia, headaches, mood swings, immune function, and skin problems. They provide clear information on detoxification, food allergies, and environmental factors, as well as

meditation, qigong, and yoga. A step-by-step diet is offered to help readers moderate their carbohydrate intake and balance their blood sugar--keys to health and weight loss. *Optimal Digestive Health* demystifies the use of herbal therapies, acupuncture, biofeedback, and Ayurveda in the treatment of digestive disorders, pairing the best of mainstream medicine and complementary therapies with intelligent self-care for an integrated patient-centered approach to healing.

Cook for Your Gut Health Elsevier Health Sciences

Gut Insight will teach you about probiotics (friendly bacteria) and prebiotics (fibers that feed those bacteria) and how they can positively influence your health. Positive effects include: enhanced immunity, reduction of pathogenic bacteria, increased mineral absorption, prevention of allergy, freedom from constipation, lactose intolerance, antibiotic-associated diarrhea, and irritable bowel. Learn what probiotics and prebiotics are, why they are necessary for gut health and immunity, which foods contain them, and how to integrate them into meals and snacks. You will find resources for shopping using natural foods and specialty probiotic foods. Our guide to prebiotic food sources, familiar and exotic, serves as a resource for using these plant foods. Web links help you to quickly find information on these foods.

Gutbliss Rizzoli Publications

A groundbreaking guide to your gut Most people understand the importance of a healthy gut microbiome for digestive health and overall wellbeing. But what about the mycobiome—the fungi that live inside our bodies? Here, Dr. Mahmoud Ghannoum introduces this important component of the microbiome and explains how diet affects this population and how its balance or imbalance can cause you to feel—a poor balance of fungi can lead to weight gain, pain and

bloating, and low energy, and can worsen symptoms for those with IBS or Crohn ' s. Good news: Gut fungi respond quickly and dramatically to dietary and lifestyle changes. Within 24 hours, you can remake your mycobiome, supporting a path to weight loss, better digestion, and more energy. Alongside this accessible gut science, Ghannoum outlines fast changes for fostering healthy fungi as well as 7- and 20-day diet plans, with more than 50 dietician-tested recipes, to cultivate a thriving mycobiome and methods for tweaking your lifestyle for long-term gut health.

Digestive Wellness: Strengthen the Immune System and Prevent Disease Through Healthy Digestion, Fifth Edition Penguin

Demystifying the buzz words of gut health and microbiome, this book explains clearly the importance of fiber in our diets. Most people now know just how important the gut is to our health and wellbeing, including its impact on our digestive and immune systems and on diseases such as cancer, Alzheimer's, Parkinson's and even mental health, but so much of the information out there is hard to understand or doesn't offer realistic solutions. Alana and Lisa Macfarlane have spent the past few years interviewing top-notch gut pros: scientists, academics, chefs and foodies to get the real scoop and science behind what we eat. The book offers practical and achievable advice in a fun and accessible way and explains what gut health is and why it is so relevant today. The science behind mind and body and how they are linked, including the gut's effect on sleep, anxiety, immunity, and skin are covered, along with practical advice on what can be done to improve gut health.

Gut Insight Harlequin

Guides the reader through the most commonly recognized digestive disorders and provides easy to understand natural solutions with colorful pictures and illustrations.

The Gut Health Diet for Beginners Rodale Books

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.

Fix Your Gut Lulu.com

This practical manual reviews salient topics in Adolescent Medicine. The volume is practitioner-centered, focusing on the symptoms that bring a teenager to the clinician. Every chapter begins with a very brief clinical vignette, highlighting the patient's chief complaint or primary issue of concern. The handbook is divided into five primary sections: (1) Well Adolescent Care to include chapters such as the Annual Physical and Immunizations in Adolescence; (2) Common Problems of Adolescence such as Acne and Low Back Pain; (3) Reproductive Health Care issues such as Menstrual Disorders and Teen Pregnancy/Options Counseling; (4) Urgent Care matters including Acute Chest Pain and Scrotal Pathology: Pain and Masses; and finally, (5) Special Considerations to include chapters such as Cyberbullying and Sexting and Tobacco Use and Cessation Counseling. Chapters follow a uniform format with vignette as described above, followed by multiple choice questions designed to test the readers knowledge. Salient features related to the chapter topic follow, including relevant clinical “ pearls ” such as history, physical exam, laboratory and diagnostic studies and treatment strategies. For each chapter, issues that are unique to managing illness in adolescents are highlighted to distinguish them from adults and younger children. When applicable, a broad differential diagnosis is provided to help guide the reader. Easy to read tables are included to highlight and clearly summarize key aspects of the topic and the chapters end with answers to the Board-Style questions presented at the start.

Contents:Well Adolescent Care:The Annual Physical (Krishna White and Rita Hagler)Adolescent Consent and Confidentiality (Kirsten B Hawkins)Normal Nutrition through Adolescence (Erin Wolf-Barnett)Immunizations in Adolescents (Lawrence J D'Angelo)Taking Care of Adolescent Males (Daniel E Korin)Taking Care of Lesbian, Gay, Bisexual, Transgender and Questioning (LGBTQ) Teens (William M Barnes and David S Reitman)The Pre-Participation Sports Physical (Nailah

Coleman)Sports Supplements (Gregg Joseph Montalto)Adolescent Driving (Tiffany L Meyer)The Transition to College (Isabel Goldenberg and Harshita J Saxena)The Adolescent Traveler and Immigrant (Natwarlal Shah)Common Problems:Short Stature/Delayed Onset of Puberty (Karen Bernstein)Tall Stature (Karen Bernstein)Abnormal Weight Gain (Harshita J Saxena)Abnormal Weight Loss/Malnutrition (Tomas J Silber)Bulimia (Rosina Pellerano)Anemia (Carleen Townsend-Akpan)Headaches: Common, Chronic and Recurrent (Stephanie Addison)Bell's Palsy (7th Nerve or Facial Nerve Palsy) (Jonathan Fanburg)Asthma, Exercise Induced Bronchospasm (EIB) and Vocal Cord Dysfunction (VCD) (Anthony P Acquavella)Gynecomastia (Amy L Weiss)Recurrent or Chronic Abdominal Pain (Oscar Taube)Constipation and Encopresis (Promise Ahlstrom)Enuresis (Promise Ahlstrom)Dysuria, Urinary Tract Infections and Pyelonephritis (Amy E Klamberg)Proteinuria (Lawrence J D'Angelo)Hematuria (Lawrence J. D'Angelo)Low Back Pain (Alan Morrison)Sports Medicine: Musculoskeletal Injuries (Nailah Coleman)Acne (Karen Rosewater and Harshita J Saxena) Vague Somatic Complaints (Tomas J Silber)Sleep Disorders (Jose J Casas-Rivero)Tics and Tourette Syndrome (Jonathan Fanburg)Attention Deficit Hyperactivity Disorder (ADHD) (Barbara K Snyder)Anxiety Disorders (Michele D Wilson)Depression (Michele D Wilson)Reproductive Health Care:Breast Pathology: Masses and Nipple Discharge (Amy L Weiss)Dysmenorrhea, PMS and PMDD (Nneka A Holder)Amenorrhea (Maria Trent)Vaginal Bleeding (Maria Trent)Vaginal Discharge (Karen E Simpson)Pelvic Inflammatory Disease (PID)/Tuboovarian Abscess (TOA) (Avril Melissa Houston)Urethritis in Males (Karen E Simpson)Genital Warts: Condyloma Accuminata (Liana R Clark)Genital Ulcer Syndrome (GUS) (Avril Melissa Houston)Condoms (Mariana Kastrinakis)Hormonal Contraception (Evelyn Simpkins Evans)Emergency Contraception (EC) (Jennifer Maehr)Teen Pregnancy and Options Counseling (Karen Soren)Urgent Care:Heat Exhaustion and Heat Stroke (Noel V Pesce)Syncope (Rick Place)Concussion and Post Concussion Syndrome (Michael A Lee)Acute Chest Pain (Dana Kornfeld and Rick Place)Acute Abdominal Pain (Rick Place)Hematemesis (Leslie A Hayes)Bloody Stools: Melena or

Hematochezia (Leslie A Hayes) Scrotal Pathology: Pain and Masses (David S Reitman) Hip Pain and Limping (Elizabeth G Cius) Neurological Emergencies: Severe Headaches, Weakness, Incoordination and Altered Mental Status (Rick Place) Seizures (Robyn Miller) Adolescent Sexual Assault/Rape (KathyWoodwar) The Suicidal Adolescent (Maureen E Lyon) Special Care: Chronic Illness and Adherence to Treatment (Daniel N Davidow) Difficult Conversations: Bad News, Disclosure and Advance Directives (Donna Marschall) Screening for Violence and Abuse (Anisha Abraham) Cyberbullying and Sexting (Sadhana Dharmapuri) Tobacco Use and Cessation Counseling (Brooke Bokor) Substance Use and Abuse (David S Reitman and Gregg Joseph Montalto) Judicious Use of Psychopharmacologic Agents (Daniel N Davidow) Readership: Medical students, residents, fellows and other health care professionals in training (such as nurse practitioners and physician's assistants) on their Adolescent Medicine rotations; physicians such as internists, general and family practitioners or pediatricians. Key Features: Information is rapidly accessible. Uses bulleted lists format (as opposed to dense textbook paragraphs) and easy to read tables to allow for quick review in real time (while the clinician is with their patient) Interspersed multiple choice questions will enable readers to test their knowledge as they progress through the handbook. These questions, stylized after standard board questions, will thereby serve clinicians in real time while delivering patient care, but also serve as board-review material as students/clinicians prepare for in-service or board examinations for school or licensure Rather than a rapidly aging bibliography, the volume provides a wide array of responsible web resources for the clinician to access Keywords: Adolescent Medicine; Common Complaints; Screening; Assessments; Treatment Strategies; Practical Manual; Rapid Access Information; Multiple-Choice Board Style Questions

Microbiome, Immunity, Digestive Health and Nutrition Little, Brown Spark

Following the success of the bestselling Clean Gut and Wheat Belly comes this essential guide to improving digestive health from an expert

in functional medicine—who reveals why everything that ails us, from fatigue to weight gain to bloating and bad skin, can be traced back to the gut, and shares his cleansing plan to help us reclaim our health. Dr. Vincent Pedre understands gut problems firsthand. He suffered from IBS for years before becoming an expert in functional medicine and learning how to heal his body from the inside. Dr. Pedre used his own experience to develop The Gut C.A.R.E. Program—an approach that draws from both Western and Eastern methodologies, combining integrative and functional medicine—that has a proven success record in his private practice in New York. Now, for the first time, Dr. Pedre makes his revolutionary plan for health and wellness available to everyone. Happy Gut takes readers step-by-step through Gut C.A.R.E.—Cleanse, Activate, Restore, and Enhance—which eliminates food triggers, clears the gut of unfriendly pathogens, and replaces them with healthy probiotics and nutrients that repair and heal the gut. Rather than masking symptoms with medication, he shows us how to address the problem at its core to restore the gastrointestinal system to its proper functioning state. By fixing problems in the gut, followers of Dr. Pedre's program have found that their other health woes are also cured and have lost weight, gained energy, and improved seemingly unrelated issues, such as seasonal allergies, in addition to eliminating their chronic muscle and abdominal pain. Complete with recipes and meal plans including gluten-free, low-fat, and vegetarian options, a 28-day gut cleanse, yoga postures to help digestion, and testimonials from many of his patients, Happy Gut will help you feel better and eliminate gut issues for life.