
Why Stomach Acid Is Good For You Natural Relief From Heartburn Indigestion Reflux And Gerd Jonathan V Wright

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SIBO Made Simple
HarperCollins
Why Stomach
Acid is Good for
YouNatural Relief

from Heartburn,
Indigestion,
Reflux, and
GERD
Rowman &
Littlefield
How to
recognize
Neurogenic
and Reflux
Related
Cough Why
Stomach Acid
is Good for
You
Natural
Relief from
Heartburn,
Indigestion,
Reflux, and
GERD
CURE
HEARTBURN
AND
INDIGESTION
FOR
GOOD—WITHOUT
DRUGS! DID
YOU KNOW: •
A silently

damaged gut
can stall
healing of
all other
diseases •
Popular
antacids and
prescription
acid
blockers
actually
aggravate
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condition,
while
promoting
deterioratio
n or
development
of other
diseases •
The gut
controls
over half of
the disease-
fighting
immune
system In

this
remarkable
book, Sherry
A. Rogers,
M.D., a
leading
expert in
drug-free ga
strointestinal
therapy,
explains how
you can
pinpoint the
causes of
your stomach
distress and
offers easy-
to-follow
advice for
creating an
effective,
personalized
program for
achieving
and
maintaining
total gastro
intestinal

health. The cutting-edge methods detailed here return your body to its natural state of health—without the risks and side effects of prescription drugs and traditional therapies that merely mask symptoms. Sample menus of tasty, easy-to-prepare meals, clear, explanatory charts and tables, and

an extensive list of gastrointestinal health resources make this vital reading for anyone suffering the chronic agony of heartburn. Light on Calories. Big on Flavor John Wiley & Sons HEALING WISDOM THAT'S DECADES AHEAD OF ITS TIME Anthony William, the one and only Medical Medium, has helped tens of thousands of people heal from

ailments that have been misdiagnosed or ineffectively treated or that doctors can't resolve. He's done this by listening to a divine voice that literally speaks into his ear, telling him what lies at the root of people's pain or illness and what they need to do to restore their health. His methods achieve spectacular results, even for those who have spent years and many thousands of dollars on all forms of medicine before turning to him. Now, in this revolutionary

book, he opens the door to all he has learned in over 25 years of bringing people's lives back: a massive amount of healing information, much of which science won't discover for decades, and most of which has never appeared anywhere before. Medical Medium reveals the root causes of diseases and conditions that medical communities either misunderstand or struggle to understand at all. It explores all-natural solutions for dozens of the illnesses that plague us,

including: · Lyme disease · Fibromyalgia · Adrenal fatigue · Chronic fatigue syndrome · Hormonal imbalances · Hashimoto's disease · Multiple sclerosis · Depression · Neurological conditions · Chronic inflammation · Autoimmune disease · Blood sugar imbalances · Colitis and other digestive disorders · And more It also offers solutions for restoring the soul and spirit after illness has torn at our emotional fabric. Whether you've been given a diagnosis you

don't understand, or you have symptoms you don't know how to name, or someone you love is sick, or you want to care for your own patients better, Medical Medium offers the answers you need. It's also a guidebook for everyone seeking the secrets to living longer, healthier lives. "The truth about the world, ourselves, life, purpose—it all comes down to healing," Anthony William writes. "And the truth about healing is now in your hands." The Acid Watcher Diet Simon and

Schuster
If you have
confusing and
unexplained
breathing problems
or your asthma has
not responded to
treatment, this book
is for you. The
Chronic Cough
Enigma is written
for people who
have been coughing
for months or years
and cannot get
useful answers from
their doctors. More
than 20 million
Americans suffer
from what is known
as enigmatic
chronic cough. This
book provides
insights from Dr.
Jamie Koufman 's
almost forty years of
successfully
managing
thousands of long-
suffering cough

patients. Indeed, the
typical chronic
cough patient who
comes to her office
has been coughing
for more than a
decade. This book
provides the many
who suffer from
chronic cough new
and potentially life-
changing
information and the
potential to be
cured.
Functional Gastr
oenterology
Harmony
This acclaimed
book is the
UPDATED
REVISION of a
gutsy, life-
changing and
revolutionary pa
tient-to-patient
book against
decades of a
worldwide
medical scandal

in the treatment
of
hypothyroidism,
no matter the
cause. It's not
about the TSH,
it's not about
Synthroid or
levothyroxine.
This updated
revision book
will outright
change your life!
Acid Reflux Diet
Square One
Publishers, Inc.
Jonathan Aviv,
renowned ENT
physician and
author of The
Acid Watcher
Diet, supplies
readers with
new recipes and
advice on how
to stay acid-free
and reverse
inflammation for
optimal health.
In The Acid

Jonathan Aviv, Dr. tomatoes, citrus simple
gave acid reflux and reflux- guidelines,
sufferers a inducing foods anyone will be
pathway to like raw onion able to enjoy
healing, helping and garlic, and dishes that had
them identify the chocolate are off-exacerbated
silent symptoms limits. After their acid reflux
of acid damage hearing patient symptoms. The
and providing a after patient 100 new Acid W
two-phase bemoaning the atcher-approved
eating and loss of recipes included
lifestyle plan to vinaigrette, in this
reduce whole- tomato sauce, comprehensive
body acid ketchup, cookbook are
damage and guacamole, and delicious, safe,
inflammation. other staples, and anti-
Now, The Acid Dr. Aviv and inflammatory,
Watcher coauthor Samara allowing readers
Cookbook Kaufmann Aviv to reclaim the
widens the developed an foods they love
possibilities of innovative without risking
what acid method of their health.
watchers can eat cooking that With recipes
without combines acidic such as
repercussions. foods with Cauliflower
For many people alkaline foods so Pizza, Plant-
struggling with that acidity is Based Chili,
acid damage, neutralized. By Butternut
acidic foods like following a few Squash "Mac 'n'

Cheese" and creative basics including Tahini Dressing, Beet Ketchup, and Garlic Aioli, along with meal plans and food lists, The Acid Watcher Cookbook is a must-have for anyone with acid damage. A Collection of Mocking Obituaries Ripped from the Deadlines Hay House, Inc "Safer solutions to gastric distress"--Cover. Mitochondria and the Future of Medicine Rowman & Littlefield The Immunity Fix is a comprehensive

guide to how the immune system works, how different viruses and infections affect our health and offers strategies that have been shown to enhance the immune system. It includes the most up-to-date scientific information about the most important factors related to staying healthy during viral outbreaks as well as in everyday life. There's also practical tips and tools that improve stress resilience, speed of recovery,

metabolic health, cardiovascular function and quality of life. Here are the topics discussed in the book: * Lessons From Past Pandemics * Fundamentals of the Immune System and Immunosenescence * Immunity and Cancer: What's the Link? * Magnesium Deficiency and Immunodeficiencies * How an Overactive Immune System Drives Chronic Inflammation and Autoimmune Diseases * COVID-19 and an Overactive Immune System * Insulin

Resistance and Immunity *
Balancing Our Omega 6/3 Ratio to Calm an Overactive Immune System *
Hot and Cold Therapy to Prime the Immune System *
Eating for a Healthy Immune System *
The Power of Nutrients and Nutraceuticals for Boosting Immunity *
Intermittent Fasting, Autophagy and Immunosenescence *
Exercise and Immunity *
Sleep, Circadian Rhythms, and the Immune System
Compared to other books

about the same topic, The Immunity Fix takes an objective view about the pros and cons of every known intervention and lays out the most research-backed protocols to follow. This book will teach you how to support your immune system, what to do when you actually get sick and how to improve your overall health and vitality. As a cardiovascular research scientist and doctor of pharmacy Dr. James J. DiNicolantonio

has spent years researching nutrition. A well-respected and internationally known scientist and expert on health and nutrition, he has contributed extensively to health policy and medical literature. Dr. DiNicolantonio is the author of 3 best-selling health books, The Salt Fix, Superfuel and The Longevity Solution. Siim Land is an author, speaker, content creator and renown biohacker from Estonia. Despite his young age, he is considered

one of the top people in the biohacking and health optimization community. Siim Land has written books like *Metabolic Autophagy and Stronger by Stress*. The *Low Carb Miracle Harmony Instant #1 New York Times Bestseller* Dr. Izabella Wentz, the author of the phenomenal *New York Times bestseller Hashimoto's Thyroiditis*, returns with a long-awaited, groundbreaking prescription to reverse the symptoms of this serious autoimmune

condition that is becoming one of the country's fastest growing diseases. More than thirty-five million Americans currently suffer from Hashimoto's—an autoimmune disease that affects the thyroid gland and causes the body to attack its own cells. To alleviate the symptoms of this debilitating condition—including chronic cough, acid reflux, IBS, allergies, chronic pain, hair loss, brain fog, and fog are often prescribed synthetic hormones that have numerous life-altering side effects. But there

is a better way. Diagnosed with Hashimoto's at twenty-seven, pharmacist Dr. Izabella Wentz knows first-hand the effects of the disease, as well as the value—and limitations—of medication. The key to improved health, she argues, involves lifestyle interventions. In Hashimoto's Protocol, she outlines a proven treatment that has helped thousands heal and many others feel better—in as fast as ninety days. Drawing on her own personal experience as well as her work consulting with thousands of patients,

Hashimoto ' s Protocol offers a practical pathway for healing and reversing the autoimmune damage at the root of the disease. The first step is a quick-start two-week detox that includes foods to eat and inflammatory foods to avoid, advice on supplements to support the liver, and an adrenal recovery plan. Next, readers create a personalized plan with foods, supplements, and other lifestyle interventions tailored to their body ' s own unique Hashimoto ' s triggers, which

they can identify using self-tests included in the book. Hashimoto ' s Protocol also features original recipes. Grounded in the latest science, Hashimoto ' s Protocol is the first book to offer a proven protocol by an acknowledged expert in the field to treat this condition and help sufferers reclaim their lives. [What to Use to Relieve Acid Reflux, Heartburn, and Gastric Ailments](#) M. Evans Acid reflux is by far the most widespread gastrointestinal disorder. To put it in perspective,

the U.S. alone spends more than \$10B on reflux medications globally. Thus, given the incredible prevalence of medications you might wonder why: WebMD reports the disease has increased +50% over the last decade The National Cancer Institute shares throat cancer, the fastest growing cancer, is +850% since 1975 The Voice Institute finds mortality from throat cancer is +7x You may also wonder why mainstream medical approaches, which you might think would be the best cure for acid

reflux, have not helped you address your acid reflux or GERD. The startling answer to both of these questions is thoroughly explored in this book. If you are among the 10% of sufferers with silent / laryngopharyngeal reflux (LPR) you may initially have been misdiagnosed with a number of respiratory illnesses ranging from asthma to allergies. Even specialists are at a loss with regards to an effective treatment and diagnosis leaving you to suffer the many symptoms alone: Sleep disturbance - breathing difficulty, choking, coughing - Social challenges - hoarseness, clearing throat, belching - Health issues - pain, mucus, lump in throat, difficulty swallowing - Food and drink Issues - regurgitation, indigestion, eating problems - Emotional distress - anxiety, stress, apathy - In addition to these symptoms, there is the growing concerns of long term damage, cancer, and long term effects of reflux medications. Tell-tale signs include: Tingling in hands, arms, feet, legs, mouth - Fatigue, lightheadedness, nausea - Anxiety, memory loss, depression - Muscle aches, cramps, spasms, weakness - Vision loss, blurriness, trouble focusing - Despite these troubling side effects most have resigned to the fact that they will need to take these medications far beyond the recommended 14 days. The trouble is the symptoms come back with a vengeance as soon as you stop taking them. Sadly doctors do not have an alternative to offer. Feeling dissatisfied with mainstream medical advice, many turn to the internet.

Unfortunately, there is an overwhelming amount of information on the internet from diets to detox plans. Sadly, the myriad of information sources do not focus on explaining or addressing the root causes of acid reflux. Consequently, they are ill equipped to help you do much more than mitigate symptoms. In contrast, this book is not band-aid masquerading as a cure. All conclusions and recommendations are discussed in simple terms and backed by hundreds of hours studying medical

research. Furthermore, they are personally tested by the author, who prior to applying the methods in this book, suffered acid reflux for +15 years. The book is centered on a three phase transition plan: Revise (2 wks) - establish your baseline Restore (4-6 wks) - address root causes Renew (2+ wks) - return to normal Discover the complete solution to understanding and healing and take your first step towards addressing the true root causes of your acid reflux. Join the thousands of individuals on The

AcidRefluxGuy.com who have discovered this life changing information! The transition plan and bonus quick hits (managing mucus, battling breath issues, and solving sleep problems) guides are a remarkably powerful combination designed to help you get results today! The three phase plan is the best treatment for acid reflux. It's not a meal plan, exercise routine, or an appeal to give up everything you love. Instead, it lays the foundation for a quick and smooth transition off of medications / supplements and a

return to normal. Before you know it, you could be back to enjoying life free of the many health, soci

Bust Sugar & Carb Cravings Naturally Square One Pub Heartburn Acid Reflux And GERD Is Not Caused By Excessive Stomach Acid. That might come as shock to you but it is true. Taking antacid tablets is not going to cure your condition. In fact the use of proton pump inhibitors and antacids can cause a number of serious side effects and health issues for you. Some Medications and Treatments Are

Dangerous If chronic heartburn, acid reflux and GERD is left untreated or is treated in the wrong way it can lead to a more serious conditions. Long-term use of conventional treatments for acid reflux, GERD and heartburn such as proton pump inhibitors and antacids can cause a number of serious side effects including vitamin B12 deficiency says Dr. Mercola. Symptoms Acid reflux, GERD and heartburn are extremely common health problems, affecting as many as 50 percent of Americans.

Symptoms include a painful or burning sensation in the upper abdomen or chest, sometimes radiating to the back, wheezing, excess burping, tightness in your throat, or a feeling that food is stuck in your throat. Some people describe it as a "must-sit-up" feeling (regurgitation). The acid reflux can reach the pharynx and mouth. It tastes sour and can burn. The reflux of acid stomach contents occurs when acid from the stomach pushes up into the oesophagus. Causes of heartburn include rich food, alcohol, hiatus hernia,

being overweight, smoking, medication and even just lying down. It Is Not Caused By Too Much Acid Conventional medical practitioners believe the condition is caused by excessive stomach acid production but this "conventional wisdom" has been shown to be incorrect, and widely used drugs may take an unsuspected toll on your health. Treat It Naturally - No Drugs, No Side Effects It's Healthy and It Is Lasting Natural treatment options have no side effects, address the root cause of

the problem and remedies the problem forever. Just a few of the many options discussed are to avoid triggers such as: smoking, alcohol, fatty foods, citrus fruits, stress and others ... A few of the many natural remedies include: chewing, licorice, baking, aloe vera, melatonin and others ... Find out what you should and should not eat. A Cookbook and Lifestyle Guide for Healing Heartburn Naturally Victory Belt Publishing This groundbreaking book unleashes a brilliant new

plan for permanently curing heartburn by relieving the root cause of the problem: low stomach acid. No More Heartburn Createspace Independent Pub Get rid of GERD for good Is your heartburn making you dread meal times? No matter how delicious a feast is before you, the prospect of that burning pain, nausea, and even vomiting can be enough to make you turn away. Heartburn

is a symptom of Gastroesophageal Reflux Disease, commonly called acid reflux, and the pain is caused by stomach acid damaging the tissue in your esophagus. It's more than a minor annoyance—GERD is a precursor to esophageal cancer, and it affects over 50 million Americans. There are medications to treat GERD, but what most sufferers don't realize is that a few simple lifestyle changes can help

your medication work better—or get you off medications completely. Acid Reflux Diet & Cookbook for Dummies is your roadmap to ending GERD for good. In it, you'll find lifestyle and diet modifications that prevent symptoms from occurring in the first place, as well as explanations about the mechanism of the condition and how and why these modifications help. The book contains over 70 practical recipes, plus tips prevent

on navigating grocery stores, restaurant menus, and the holiday season. You'll gain valuable insight on the small, easy changes that can make a big difference, and get answers to questions like: Is your posture and sleep position working against you? Can chewing gum really help or hurt? What supplements may work just as well, or better than, prescriptions? How does eating more often help prevent

symptoms? Whether you've tried every treatment available and still haven't found relief, or are hoping to avoid prescription medication completely, Acid Reflux Diet & Cookbook for Dummies is a clear, comprehensive guide to getting rid of GERD. You Can Cure Acid Reflux Gerd and Heartburn Within Days. No Drugs No Surgery No Side Effects Citadel Press
The 21-Day Sugar Detox is a clear-cut, effective, whole-foods-based nutrition action

plan that will reset your body and your habits! Tens of thousands of people have already used this groundbreaking guide to shatter the vicious sugar stronghold. Now it's your turn! Use the easy-to-follow meal plans and more than 90 simple recipes in this book to bust a lifetime of sugar and carb cravings in just three weeks. Three levels of the program make it approachable for anyone, whether you're starting from scratch or from a gluten-free, grain-free, and/or Paleo/primal lifestyle. The 21-Day Sugar Detox even

includes special modifications for athletes (endurance, CrossFit, HIIT-style, and beyond), pregnant/nursing moms, pescetarians, and people with autoimmune conditions. What you'll experience on this program will be different from a lot of other "diet" programs out there that promote extremely restricted eating; encourage you to consume only shakes, juices, or smoothies; or rely heavily on supplements and very-low-calorie or very-low-fat diets to ensure success. The goal of any detox

program should be your everyday to support your body in naturally cleansing itself of substances that create negative health effects—and that's exactly what The 21-Day Sugar Detox does. By focusing on quality protein, healthy fats, and good carbs, this program will help you change not only the foods you eat, but also your habits around food, and even the way your palate reacts to sweet foods. You'll likely complete the program and continue eating this way much of the time thereafter because you'll feel so amazing. After changing

your everyday eating habits, you will begin to gain a new understanding of how food works in your body—and just how much nutrition affects your entire life. There's no reason to wait! SUGAR IS TAKING OVER OUR LIVES. But why? And is it only those sweet, refined white crystals that are causing us problems, or could there be more to the story? Let's be honest: The problem isn't just sugar itself. It's the refined, nutrient-poor carbohydrates that carry tons of calories, but no real nutrition. In our world, these

are the easiest foods to grab on the go, but they leave us fat, sick, tired, and downright unhappy. The effect that sugar, "hidden" carbs, and refined, processed foods have on our bodies goes far beyond our waistlines. We can't focus, we can't sleep, we have irrational mid-afternoon cravings, and we can't even make it through the day without wanting—or needing—to prop up our energy levels with caffeine or even more sugar! What can we do to break free from this cycle? The 21-Day Sugar

Detox is here to help. Natural Alternatives to Nexium, Maalox, Tagamet, Prilosec & Other Acid Blockers, Second Edition Hay House, Inc With information for patients and practitioners on optimizing mitochondrial function for greater health and longevity Why do we age? Why does cancer develop? What's the connection between heart

failure and Alzheimer's disease, or infertility and hearing loss? Can we extend lifespan, and if so, how? What is the Exercise Paradox? Why do antioxidant supplements sometimes do more harm than good? Many will be amazed to learn that all these questions, and many more, can be answered by a single point of discussion: mitochondria and bioenergetics. In Mitochondria and the Future

of Medicine, Naturopathic Doctor Lee Know tells the epic story of mitochondria, the widely misunderstood and often-overlooked powerhouses of our cells. The legendary saga began over two billion years ago, when one bacterium entered another without being digested, which would evolve to create the first mitochondrion. Since then, for life to exist beyond single-celled bacteria,

it's the mitochondria that have been responsible for this life-giving energy. By understanding how our mitochondria work, in fact, it is possible to add years to our lives, and life to our years. Current research, however, has revealed a dark side: many seemingly disconnected degenerative diseases have tangled roots in dysfunctional mitochondria. However, modern

research has also endowed us with the knowledge on how to optimize its function, which is of critical importance to our health and longevity. Lee Know offers cutting-edge information on supplementation and lifestyle changes for mitochondrial optimization, such as CoQ10, D-Ribose, cannabinoids, and ketogenic dietary therapy, and how to implement their use

successfully. Mitochondria and the Future of Medicine is an invaluable resource for practitioners interested in mitochondrial medicine and the true roots of chronic illness and disease, as well as anyone interested in optimizing their health. The People's Pharmacy® Norm Robillard, Ph.D. Learn the healthy way to prevent acid reflux and GERD. Acid reflux and GERD are

painful and frustrating medical issues that can lead to serious health complications. With Prevent Acid Reflux you will be able to fight acid reflux by making smart changes to your diet. Prevent Acid Reflux is your step-by-step guide to reducing acid in your diet so you can stop acid reflux in its tracks. Whether you occasionally suffer from acid reflux, or have been struggling for many years, Prevent Acid Reflux will help you make simple lifestyle changes

that will eradicate the problem forever and permanently improve your quality of life. Prevent Acid Reflux will make it easy to get rid of acid reflux, GERD, and heartburn, with:

- Over 75 easy, delicious recipes to prevent and cure acid reflux and GERD
- 14-day meal plan to quickly eliminate acid reflux and GERD
- Tasty recipes that will relieve both mild and severe symptoms
- Q&A to determine whether the acid reflux diet is

right for you

Find out how a healthy diet can eliminate the pain of acid reflux forever. Prevent Acid Reflux will help you to enjoy delicious food again. Prevent Acid Reflux: Delicious Recipes to Cure Acid Reflux and GERD Hachette Go Outlines specific lifestyle recommendations and dietary guidelines for heartburn sufferers, providing 100 gourmet recipes designed to minimize dependence on

medication, alleviate the symptoms of acid reflux naturally and promote weight loss. Original. Fast Tract Digestion Heartburn Millwood Media If you ' re one of the 25 to 45 million Americans living with IBS, finding an accurate diagnosis, treatment, and ultimately good health can feel like an impossible mystery. SIBO Made Simple brings you answers. Small Intestinal Bacterial Overgrowth (SIBO) is a common cause of unwanted

bloating, abdominal pain, weight fluctuations, and GI distress. In this guide for achieving long-term healing, health advocate, chef, and SIBO sufferer Phoebe Lapine covers everything you need to know about SIBO and how to thrive in spite of it. Lapine answers all your questions, from what SIBO is (and what it isn ' t) to related conditions (Hashimoto ' s thyroiditis, Celiac disease, and more) to practical strategies for on-going prevention. With expert medical advice from dozens of top SIBO practitioners,

SIBO Made Simple provides resources for all phases of treatment, offering a clear culinary road map that can be customized to fit a large variety of gut-healing diets, such as the Bi-Phasic Diet, GAPS, SCD, SIBO Specific Food Guide, and more. With 90 delicious, easy, low FODMAP recipes that make a notoriously tough diet doable and delicious, SIBO Made Simple is a one-of-a-kind toolkit for learning about your condition and tailoring your diet toward healing. Every recipe adds anti-inflammatory ammunition to

your diet, while offering suggestions for how to add problematic ingredients back in as you diversify your plate. Getting healthy and feeling great doesn't have to be punitive. SIBO Made Simple offers a clear path forward, from someone who's been there. A 28-Day Reflux Prevention and Healing Program Victory Belt Publishing Written by health professionals who are well recognized in their respective fields, these

concise, easy-to-read books focus on a wide range of important health concerns. From migraine headaches to high cholesterol, each title looks at a specific problem; each provides a clear explanation of the disorder, its causes, and its symptoms; and each offers natural solutions that can either greatly reduce or completely eliminate the problem. Some titles also focus on natural alternatives to drugs with serious side effects—alternatives that in many

cases can be used in conjunction with prescription medications. This growing series of titles can be counted on to provide safe and sensible solutions to all-too-common health problems. Deliciously Organic Little, Brown Spark Let your body do the work... Do you have to tell your leg to heal from a scrape? Your lungs to take in air? Your body that it 's hungry? No. Your body does these things automatically,

effortlessly. Vibrant health is your birthright and within your grasp; you just have to step out of the way. In Effortless Healing, online health pioneer, natural medicine advocate, and bestselling author Dr. Joseph Mercola reveals the nine simple secrets to a healthier, thinner you. The results are amazing and the steps can be as easy to implement as: Throwing ice cubes in your water to make it more “structured” Skipping breakfast, as it could be making you fat • Eating up to 75 percent of your calories each day in fat for optimal health, reduction of heart disease, and cancer prevention • Avoiding certain meat and fish, but enjoying butter • Eating sauerkraut (and other fermented foods) to improve your immune system and your mood • Walking barefoot outside to decrease system-wide inflammation (and because it just feels great) • Enjoying a laugh: it ’ s as good for your blood vessels as fifteen minutes of exercise Effortless Healing is the distillation of decades of Dr. Mercola ’ s experience and cutting-edge medical knowledge. With his wisdom and that of your body, you can optimize your health, your weight, and your life...effortlessly .