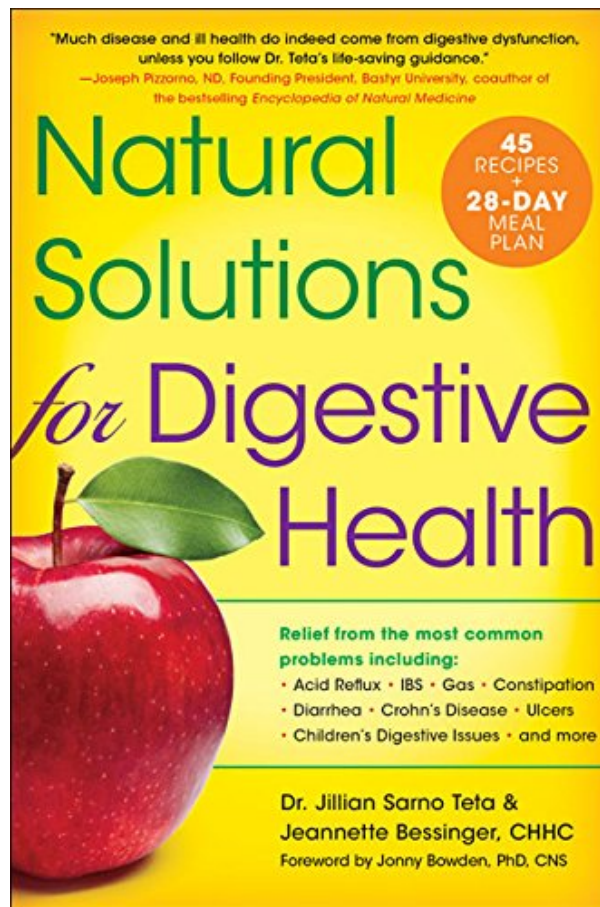


NATURAL SOLUTIONS FOR DIGESTIVE HEALTH BY DR. JILLIAN SARNO TETA, JEANNETTE L. BESSINGER BCHHC



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"Much disease and ill health do indeed come from digestive dysfunction, unless you follow Dr. Teta's life-saving guidance."

—Joseph Pizzorno, ND, Founding President, Bastyr University, coauthor of the bestselling *Encyclopedia of Natural Medicine*

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45
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+
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MEAL
PLAN



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Dr. Jillian Sarno Teta &
Jeannette Bessinger, CHHC

Foreword by Jonny Bowden, PhD, CNS

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Review

"Naturopathic physician Teta and food educator and chef Bessinger team up for this comprehensive guide to improving digestive health. The modern world is rife with threats to our digestive systems, from too much soy in our diets, to environmental toxins, to chronic stress and, as a result, the rate of digestive illnesses is rising. The book offers an overview of the digestive process and the major organs' roles, with discussion of irritable bowel syndrome, inflammatory bowel disease (including Crohn's and colitis), and Celiac disease, along with conditions less commonly linked to digestion, such as arthritis and asthma. The centerpiece of the book is the 'Gut Restoration Program'—a four-week regimen that eliminates gluten, dairy, soy, sugar and sugar alcohols, beans, and certain vegetables, while adding supplements, such as probiotics and digestive enzymes. Stress relief and regular sleep are also key components. The diet may sound punishing, but these recipes offer hope. What's more, the authors include a helpful roadmap for reintroducing 'normal' food when the program ends. Readers who have suffered from these ailments will appreciate this approach."
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About the Author

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Based on the latest medical and nutritional research, *Natural Solutions for Digestive Health* provides anyone suffering from chronic or intermittent gut disorders the relief they seek. It covers everything from low-grade irritations such as bloating, gas, constipation, and lactose intolerance to more serious conditions such as ulcerative colitis, acid reflux, gallstones, diverticulitis, and inflammatory bowel disease. A special section focuses on pediatric digestive problems, and there's expert nutritional and dietary advice plus recipes to help ensure digestive health.

- Sales Rank: #40133 in Books
- Model: 29993708
- Published on: 2014-05-06
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .81" w x 6.00" l, .0 pounds
- Binding: Paperback
- 320 pages

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