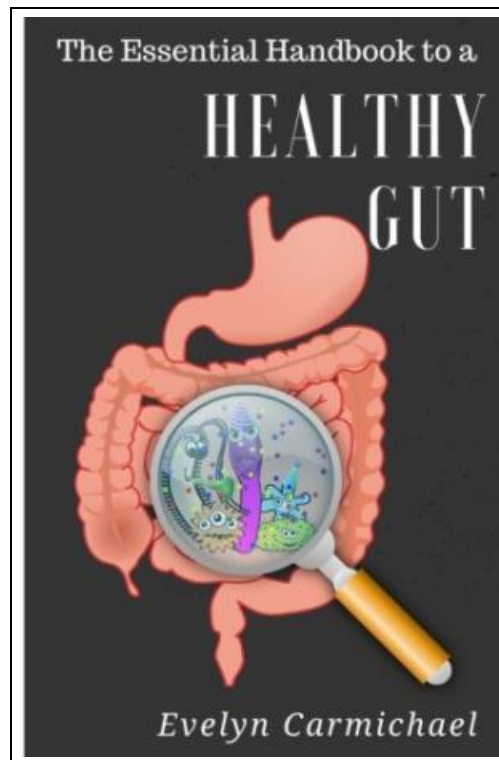


## The Essential Handbook to a Healthy Gut: How a Leaky Gut Impacts Your Entire Body and How to Make It Healthy Once Again (Paperback)



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*(Derick Brekke)*

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Is your gut impacting your health? Find out if your gut is responsible for inflammation and a host of medical issues from anxiety to autoimmune disorders. If you have an unhealthy gut, chances are you frequently suffer from heartburn, constipation, bloating, abdominal pain and diarrhea. These symptoms occur frequently in people who have gut issues. But the good news is they can all be treated. Many people tend to treat the symptoms of an unhealthy gut, rather than trying to boost the health of the gut in the first place. While there is nothing wrong with this, if you don't treat the root cause of the issue, it's likely that you will be experiencing those symptoms again and again. Medication that can help to treat the symptoms of a leaky gut may actually be making your gut even more unhealthy. In this book, you will find out how to improve the health of your gut. Specifically, we will look at: -What is Leaky Gut? -How your gut can impact your entire health, including triggering inflammation throughout your body that may cause autoimmune disorders, mood disorders, heart attacks, and cancer. -How food intolerances and allergies play a role including gluten and lectins. -How stress and medications impact your gut -How fiber can repair your gut -Pre and Probiotics -How what you eat can heal your gut This Essential Handbook will give you a beginning guide on how you can make significant changes to your gut health and improve your overall well-being.



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