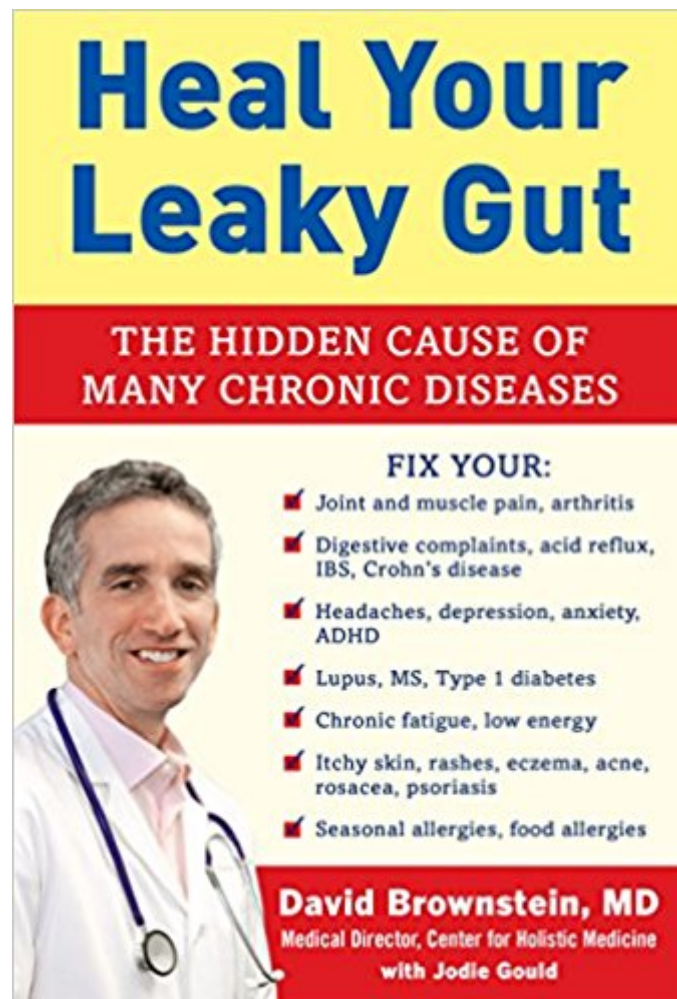




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Heal Your Leaky Gut: The Hidden Cause Of Many Chronic Diseases



Synopsis

Most illnesses start in the gut, including many you would not even think of! And if your gut isn't functioning right, it sets the stage for illness and disease. The gut—the gastrointestinal system—is designed to absorb nutrients that support our bodies and help us make energy, and get rid of things that we don't need or are toxic. But what happens when the system breaks down? Leaky gut syndrome (LGS) occurs when the lining of the small intestine is damaged, allowing foreign compounds to escape into your bloodstream, which weakens your immune system and triggers autoimmune reactions. Traditional physicians don't understand what LGS is—much less how to diagnose and treat it. In fact, it is estimated that more than 80 percent of people with chronic illnesses have leaky gut, an overgrowth of bad bacteria, or not enough good bacteria. Here are some symptoms that may be caused by LGS: Digestive complaints, acid reflux, IBS, Crohn's disease Joint and muscle pain, arthritis Obesity and food allergies Headaches, depression, anxiety, ADHD Itchy skin, rashes, eczema, acne, rosacea, psoriasis In *Heal Your Leaky Gut*, Dr. David Brownstein will explain how the gut—like the brain, heart, and liver—needs to be properly nourished in order for it to function correctly. Simply stated, if your gut is not healthy, your immune system is going to suffer. Improving your gut health and taking fewer drugs will help you feel better and look younger, improve your brain function, and treat myriad medical conditions. This book will give you all the information you need to change what you are now doing so you can have optimal gut health and, as a result, overall health and well-being.

Book Information

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Customer Reviews

Dr. David Brownstein is a Board-Certified family physician and is one of the foremost practitioners of holistic medicine. He is the Medical Director of the Center for Holistic Medicine in West Bloomfield, MI. Dr. Brownstein has lectured internationally to physicians and others about his success in using natural hormones and nutritional therapies in his practice. He is a graduate of the University of Michigan and Wayne State University School of Medicine. Dr. Brownstein is a member of the American Academy of Family Physicians and the American College for the Advancement in Medicine. He is the father of two beautiful girls, Hailey and Jessica, and is a retired soccer coach. Dr. Brownstein has received two prestigious awards by his colleagues. The first was given by the American College for the Advancement in Medicine at the 2005 annual meeting. The award was the Norman E. Clarke Sr. Award for Science and Practice. The second award was given by the American Academy of Integrative Medicine at their 2005 annual meeting in Florida. This was titled, 2005 ARC Excellence Award for Distinguished Clinician for his "Advancement in the Diagnosis and Treatment of Chronic Diseases." Jodie Gould is an award-winning journalist and author and co-author of twelve books, including The Oxygen Cure with William Maxfield, MD, and Beautiful Brain, Beautiful You with Harvard neurologist Marie Pasinski, MD. She has been a frequent contributor to Woman's Day, Family Circle, and Harvard Health publications, and she writes for numerous blogs and websites. Gould has been interviewed on national TV and radio shows, such as Oprah, CNN, ABC World News, and iHeartRadio.

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