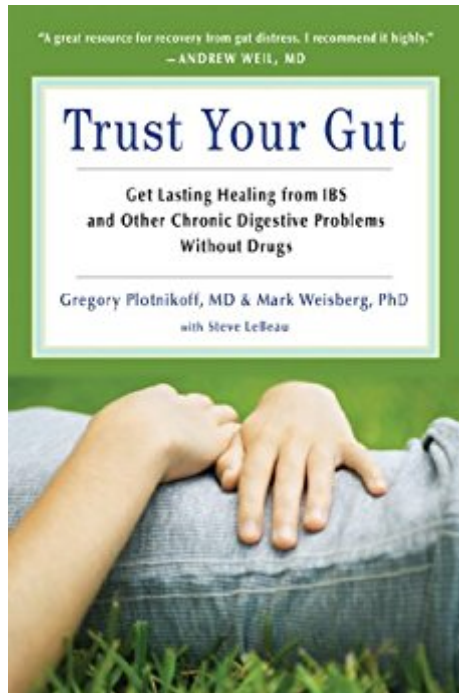


The book was found

Trust Your Gut: Heal From IBS And Other Chronic Stomach Problems Without Drugs



Synopsis

Do you have an upset stomach that just won't quit? Do you often feel bloated or live with troubling intestinal pains? • Do you constantly ask yourself "what can I eat and not suffer?" • Do you have to know where the nearest bathroom is at all times? Have you been diagnosed with IBS yet still can't find relief? You might be one of the more than 55 million Americans who needlessly suffer from these troubling symptoms. You may have even given up hope because you are embarrassed or exhausted. In *Trust Your Gut* --two leading doctors in integrative medicine -- a physician and a psychologist -- have teamed up to develop the revolutionary CORE program. Gregory Plotnikoff, MD and Mark Weisberg, PhD offer a comprehensive, mind-body approach to healing, without the need for drugs. They are the "go to doctors" for gut distress. Their book is based on decades of clinical experience in resolving the most challenging gut symptoms. *Trust Your Gut* will empower you to awaken your "inner doctor", find lasting, sustainable relief and reclaim your life through making simple changes in your diet and sleep, stress reduction and more. Learn how to:

- Reduce pain and other gut symptoms naturally
- Promote healthy digestion without drugs
- Rewire your brain-gut connection
- Recognize and manage the five forms of stress that lead to gut disorders
- Re-establish and maintain gut harmony

Trust Your Gut guides you on how to take control of your own gut health now!

Book Information

File Size: 1493 KB

Print Length: 258 pages

Publisher: Conari Press; 1 edition (April 1, 2013)

Publication Date: April 1, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00BIUUQIC

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #220,949 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #9 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel

Syndrome #30 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable
Bowel Syndrome #76 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases &
Physical Ailments > Abdominal

Customer Reviews

Just finished reading 'Trust Your Gut' and thought it was one of the TopBooks discussing GI Health. The author writes very clear and gives excellent information on the "Whys" of dealing with digestive problems. One area I particularly enjoyed reading was on SIBO(Small Intestine Bacteria Overgrowth) this is a condition which mimics IBS down to the letter. Other helpful books would be Dr. Mark Pimentel's "A New IBS Solution" or Sophie Lee's Book, " "Sophie's Story"

I loved this book. Like many people with stomach issues, I have done a lot of reading about what I should and shouldn't be doing to "control" my problem. However, until I read this book, I still found myself in a cheating/regretting cycle quite often. This book was the first thing that actually motivated me to work WITH my body, not against it. It is a quick read that is very easy to understand, which makes the suggestions easy to follow. This is not just another book with lists of unrecognizable vitamin combinations chosen to soothe tummy troubles. It actually gives you a frame of reference for how you can work with your unique body to make the most of your health. Of course, there are lists of things that can help/hurt you, but they are short and easy to work with. I particularly like the way the authors use patients' stories to sell their messages. I find that so much more persuasive than a lot of scientific jargon. I know its based in science, but I prefer hearing the human side of the suggestion. Actually, I have many health issues, and I felt that the information in this book translates to more than just gut problems. I feel enabled to recognize signals from my body that I can now interpret and respond to effectively. I am working with my body, not against it, and this change has been a true blessing. I am recommending this book to all of my friends because there is so much in it that applies to all of us, gut issues or not. HIGHLY RECOMMEND FOR EVERYONE.

This is an excellent resource - simple, clear, user-friendly, smart, sound - for people looking for solid, hands-on guidance for what to do to remediate their exasperating functional gut problems. It's a fun read and it's bound to deliver results. I liked it a lot. Belleruth Naparstek, LISW Author of Invisible Heroes: Survivors of Trauma and How They Heal; and creator of the Health Journeys guided imagery series

I was diagnosed with GERD. This book changed my life. I was constantly trying to find things to eat so I wouldn't have pain and nausea. After going to several doctors, taking PPIs etc., having all of the tests and finding nothing wrong, I found this new book. I still can't believe that I feel so good! Remember to take deep breaths and read this book twice.

Imperfect digestion is to blame for a vast array of illnesses ranging from GERD, gastritis, irritable bowel syndrome, bad breath, diverticulitis, colitis, constipation, headaches, allergies, abdominal pain, joint pain, etc. In the new book "Trust Your Gut," Dr's Plotnikoff and Weisberg describe how to control faulty digestion by various means including Mind/Body approaches, diet, supplements, sleep therapeutics, and being keenly aware of your digestive processes. I enjoyed reading this easy to understand book and I highly recommend it for the health professional and any person who is concerned about the betterment of their health. Burton M. Berkson MD MS PhD President, The Integrative Medical Center of New Mexico

Using clear examples and easy-to-follow instructions and exercises, this book provides a step-by-step guide that can help anyone struggling with chronic digestive difficulties find a path back to health. Weaving together insights from modern psychology and medicine with ancient healing and wisdom traditions, Drs. Plotnikoff and Weisberg present a comprehensive guide not just to curing disease, but to developing a balanced, healthy, mind and body. They show readers how instead of just fighting symptoms with drugs or surgery, they can use their distress to gain insight into what their bodies and minds need to become healthy naturally and live rich, fulfilling lives. Dr. Ronald D. Siegel. Assistant Clinical Professor of Psychology, Harvard Medical School Author, The Mindfulness Solution: Everyday Practices for Everyday Problems

I think anyone with a chronic illness or pain should read this book and apply the same principles to their disease. There are a lot of good common sense actions to take in this book and the most important one was learning that it's ok to have the pain and symptoms and how to pay attention to them in an unemotional way so that I can actually function in life again. Sometimes you just need a new perspective and a little common sense to help see things in a new light so you can handle it again.

Highly informative. This book should be mandatory for all practicing physicians. Medicine has become highly specialized and proactive care is just at the beginning stages in the U.S. The field of

integrative medicine is a fascinating and truly beneficial field for helping people to feel their best at any age. While reading this book, I couldn't help but feel that the patients they were talking about walked in my same shoes.

[Download to continue reading...](#)

Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) Trust Your Gut: Heal from IBS and Other Chronic Stomach Problems Without Drugs Trust Your Gut: Get Lasting Healing from IBS and Other Chronic Digestive Problems Without Drugs Good Gut: The Next Thing You Should Do If You Want to Heal Your Gut and Improve Your Intestinal Health (good gut guide, gut health, good gut diet) Gut: Goodbye - Leaky Gut! The Ultimate Solution For: Leaky Gut Syndrome. Digestion, Candida, IBS (Diverticulitis, Diverticulosis, Irritable Bowel Syndrome, ... Celiac Disease, Rheumatoid Arthritis) Nutrition: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut) Healthy Gut: How to Restore Gut Balance, Boost Metabolism, and Heal Your Gut The IBS Diet: How To Manage Your Irritable Bowel Syndrome Through Food For A Healthier and Happier Life (IBS Relief, IBS Solution) IBS (Irritable Bowel Syndrome) - Fast Tract Digestion: Diet that Addresses the Root Cause of IBS, Small Intestinal Bacterial Overgrowth without Drugs or Antibiotics: Foreword by Dr. Michael Eades Irritable Bowel Syndrome: The Ultimate Solution To Your Bowel Syndrome And Stomach Problems (IBS, Bowel Diet, Gastroenterology, Digestion) IS IT LEAKY GUT OR LEAKY GUT SYNDROME: Clean Gut, Allergies, Fatty Liver, Autoimmune Diseases, Fibromyalgia, Multiple Sclerosis, Autism, Psoriasis, Diabetes, ... & More (Digestive Wellness Book 2) The Leaky Gut Report: How to heal your gut naturally - The ultimate guide for fighting anxiety, autoimmune disease, heart palpitations, food allergies, fatigue and more Stomach Pain Relief at Last: Natural Remedies for Ulcers, Heartburn, Gastritis, Gas and Bloating Symptoms Associated with an H. pylori Infection: Stomach Health Home Remedies for Ulcers (ulcer, stomach ulcer, peptic ulcer, ulcer symptoms, stomach ulcer symptoms, ulcer treatment, mouth ulcer, mouth ulcers, cold sore, cold sore remedies, cold sores) Gut: The Key to Ultimate Health - SIBO, IBS & Fatigue (GAPS, Candida, Chronic Fatigue, Fibromyalgia, Adrenal Fatigue, SIBO, Parasites) Recover with GAPS: A Cookbook of 101 Healthy and Easy Recipes That I Used to Heal My ULCERATIVE COLITIS while ON THE GAPS DIET-Heal Your Gut Too! Curaci3n emocional / The Instinct to Heal: Curing Depression, Anxiety and Stress Without Drugs and Without Talk Therapy (Spanish Edition) Love Your Lady Landscape: Trust Your Gut, Care for 'Down There' and Reclaim Your Fierce and Feminine SHE Power Life Without Pain: Free Yourself

from Chronic Back Pain, Headache, Arthritis Pain, and More, Without Surgery or Narcotic Drugs
The Low-FODMAP Cookbook: 100 Delicious, Gut-Friendly Recipes for IBS and other Digestive Disorders

[Dmca](#)