



How the  
Guts and Glory  
Program  
Can Transform  
Your Life

# RESTORING YOUR DIGESTIVE HEALTH

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## Restoring Your Digestive Health:: How The Guts And Glory Program Can Transform Your Life



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This title teaches readers how to love their guts and lose the medicine. It provides a revolutionary wellbeing programme for the millions of people seeking a straightforward, natural lifestyle switch to help ease the pain of their debilitating digestive disorders.



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After trying everything. M.. He clarifies how he healed himself. This program isn't easy! I had originally controlled my condition with his Makers Eating plan, but had an awful flare up that I could not get under control!! I understand that in an intense crisis, prescription meds are necessary, but they just do not function over the future. Five Stars Thank You. I was taking Lialda and Uceris daily for many months after the medical center stay. My doctor wanted to place me on even more meds because I was still having daily bleeding. I began to recognize that the Uceris (a kind of steroid) was actually hindering my body from healing, and it was not really allowing the Guts and Glory program to work. Healed my diarrhea that I experienced for about 3 to 4 4 years. Great Blueprint for Digestive Restoration Only one of the doctors I consulted - a specialist in another field - came to close to determining my stomach problems: antibiotics had killed too much of my good intestinal flora, which caused my insides to feel like they were coming apart. This program enables your body to really heal and function properly. Steroids block your disease fighting capability and hinder the body from healing. After I got out of the hospital I did what my doctor stated and got the prescription meds. I have experienced one flare up since my hospital stay and quickly came back to phase one and my own body responded instantly and healed within about 2 weeks. I acquired this book this past year after experiencing ulcerative colitis for 5 years.! Everything is normally packaged for convenience and laced with additives and salt and glucose. I plan to implement some item talked about i the book. If you are not extremely disciplined you won't work. But if your condition is like mine and makes you be sick and bed ridden most of the time, it is worthwhile. Understanding your digestive tract I have already been reading a lot about the digestive tract and how the gut functions since I've had some problems with heartburn and acid reflux. I know it's the Guts and Glory program. Thank God I came across it and thank God for Jordan Rubin! It changed my entire life. The book goes through how he tried many diets, doctors, and medications trying to heal himself. I was down to 90 pounds at 5'9". The catch is that it is difficult to acquire health food like we used to have. Five Stars Very Best for understanding Nutrition for better health. I made a decision to cut the uceris and only take every other day. However, the effort that is needed to comply with healthy eating is much less disruptive to your lifestyle than multiple excursions to the doctor and pharmaceutical drugs. They wished to give me a very expensive tablet that had very bad side effects and you'd to consider it for a long period. I refused and implemented the advise of the two books. Rubin N. We would not really be having a health care crisis in this country if this publication was widely distributed. The catch is that it is difficult to find health food like we used to have Everyone should go through this reserve before they take any pharmaceutical drugs. I was astounded at the wisdom and fast acting organic solutions this book offers. Will cure diarrhea. It is extremely difficult to stay on it! No doctor may help me, or the two I went to couldn't. Great Book This was a great book for finding out everything not to do for gut disease and what drugs never to take. Not really finished reading but up to now very informative, encouraging and motivating me to consume bettter. It was readable. He explains a whole lot about different diet plans, foods, carbs, enzymes, and other aids that folks use trying to greatly help their guts. Nevertheless, healing my gut is a long slow journey. It was only 1 of the books I used to help me in the process. Only by doing lots of research by studying details from a number of different authors was I successful in my quest, for that helped me come up with an application that was right for me personally. FINALLY my body began to heal and I could move into phase 2 and stage 3 of the program. I dropped 35 pounds in less than 8 weeks because I couldn't consume anything and function normally or rest well. This publication was the beginning of

my comeback. A great mixture of information and explanation from a man who offers been there and the uncommon gastro-enterologist who was seeking real answers for his personal patients instead of stacking the line of endoscopy-colonoscopy candidates and offering proton pump inhibiting drugs. This book is an excellent place to start for anyone with abdominal or digestive complications. My doctor thinks meals has nothing to do with my healing and that the meds are working. This publication has been the best so far in helping me understand how the system works from the time you take a bite of food and the journey it requires in your digestive system. This is ridiculous, I bought this for a present and it has been used and had stickers onto it. I could function normally everyday, become with my children, and live a standard existence without meds! I found it quite interesting and recommend it for anyone suffering from gut discomfort.this is the ONLY program that actually works!! I feel that the reserve in a very important tool and reference information for a person in understanding the need for having a great digestive system and how exactly it affects the rest of the body.. Four Stars Much like Rubin's precious stuff. Good, but very repetitive when you have his other books. Awful buy and got rip off.The author, Jordan Rubin, almost died from his struggle with Crohns disease. One of the stocker was 50 cent I began to get well and have been so far better since. Got to implement every measure in here however when I did, We begun to get well and also have been so much better since. I also adopted the publication exactly and was discouraged because I could not really seem to see through phase 1 without complications. Another Great Publication By Jordan S. So glad I did.. D. I bought this reserve for my son who was simply having some problems with digestion. I did so not read the reserve myself, but believed that it will be of some help my son. I do have another reserve written by Jordan Rubin, called Patient Heal Thyself, in fact it is excellent. Sooo I believed that this book might also be another good book to read. This together with the Makers Diet saved my entire life. Not finished reading but up to now very informative, encouraging .. The books provides lot of guidance in organic therapies for healing allergy symptoms, bloating, constipation, diarrhea, and on through the alphabet for many of the digestive conditions that people have today. In addition, it discussed what herbal products and supplements had been best. It can also be very expensive.



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