



an evidence-based, customized nutritional approach to optimize your health

UPDATED & EXPANDED SECOND EDITION

Digestive Health with REAL Food

bigger, better

a practical guide to an anti-inflammatory, nutrient dense diet for IBS & other digestive issues

By Aglaée Jacob, M.S., R.D.

even more meal & snack recipes and ideas, charts, food lists & meal plans



Essential tips to Savor the Water

manage IBS, Crohn's disease, ulcerative colitis, leaky gut, SIBI, celiac disease, food sensitivities & other digestive issues

Aglae Jacob and

Digestive Health With REAL Food, 2nd Edition, Updated and Expanded



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Unlike narrow diets that let you know what to eat and what never to eat, the protocol presented in *Digestive Health with True Food*, 2nd Edition explains why certain foods are problematic for some people, and how to determine if they're difficult for you. Personalization is critical in tackling digestive problems from as many angles as possible, which this book can help you discover, and build, the perfect diet for you. Chapter 1 reviews the essential functioning of a wholesome digestive system, including the leaky-gut concept and the importance of gastric acid and gut flora. You will learn about non-celiac gluten sensitivity, SIBO, and FODMAP intolerance, along with a great many other digestion disorders. In Chapter 2, Aglaee builds on this info to reveal the countless ways your digestion can go wrong. Meals can either compromise your gut wellness or help it function even more optimally, and Chapters 3 and 4 cover different foods and food groupings so that you can understand what you should and should not really be eating. Your brand-new way of eating shouldn't prevent you from eating dinner out and traveling! In Chapter 5, it is time for action! You will learn how to proceed with the elimination diet protocol based on the sort and severity of your symptoms. It really is chock-full of practical and frequently easy tips to help you address cravings and fatigue. This book provides a comprehensive, practical, step-by-step guidebook to a REAL-food-based method of recovering your digestive wellness naturally and building your personal optimal diet. Chapter 6 addresses health supplements including homemade bone broth, fermented foods, glutamine, omega-3 fats, and supplement D that may support your digestive and overall health. Way too many people fail at pursuing an elimination diet because they neglect that it's about eliminating problematic foods not calories! Aglaee offers essential advice on stress management, sleep, and exercise, which should all constitute an integral part of your gut-healing plan. Many people are different, and individual tolerance varies, but understanding which foods will be problematic can help you better appreciate how your digestive system reacts to what you eat. All you need is a little planning. Chapter 8 will help you develop strategies to live your life to the fullest without having to worry about digestive problems or limited food tolerance. Chapter 9 is about troubleshooting. After that, in the reintroduction stage, you'll learn how your body reacts to specific foods to enable you to start building your individual optimal diet. You'll find dozens of food, snack, and treat dishes and ideas to be sure you are permanently worked up about eating REAL food. Chapter 10 is certainly where factors obtain delicious! It will help you realize why symptoms can come back, and how to deal with them. You won't ever again possess the excuse of stating you do not know what to eat! Chapter 7 demonstrates that the mind and gut are interconnected. Chapter 11 offers you an idea of what a week of eating in the elimination and reintroduction phases appears like. It also provides information on how much you should eat to make sure you get enough calorie consumption. The nutritional protocol suggested in this publication is far from a starvation diet, and this chapter will help you make sure you are eating enough. Nobody knows what you should eat, but your body will tell you if you learn how to listen. While meals is the central factor in digestive health, supplements and the mind-body connection play a big role.



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Digestive Health with Genuine Food has been my number one kitchen companion for several years now.. My knowledge is that most people don't get correct testing for gut problems when they visit the doctor, and arming yourself with this information is invaluable. End the neverending Google searches and browse this book! Digestive Wellness with REAL Food offers been my number one kitchen companion for quite some time now. Aglaee's book is like the digestive bible when it comes focusing on how our guts work, providing carefully thought out programs, plus satisfying and delicious recipes. Living with gastroparesis and multiple meals sensitivities myself has produced me very aware of just how important appropriate digestion is. The study and suggestions she shares helped me to comprehend why this can be occurring along with basic tips that can make such a difference. I can't let you know how many instances I've come back to the pages to help me understand these difficulties and make choices to get back on the right track.. The DHRF Cookbook that follows is filled with dishes I make and share with friends and family (who equally share the like!) like Tummy Gummies, MCT Bomb Smoothie, Speedy Recovery Soup, Banana Muffins and Pancakes, and more. I've noticed a profound impact on my digestion after implementing a mini-meditation prior to starting my meals, even if it is just a couple of breaths with my eye closed before I begin to eat. Pretty good recipes. Nothing The best resource out there for anybody with gut issues! It is a fantastic resource both for those who know the fundamentals and want even more in-depth information, along with the beginner who hasn't considered the idea that they could have a fixable digestive concern. When I went through my coursework with the NTA, I was trained that the gut is the reason behind all disease, in addition to being the initial place to start when trying to greatly help somebody regain their wellness.). Yes, getting all of the processed foods, grains, sugars, and food chemicals out of your daily diet is beneficial. She has an entire chapter specialized in the nitty-gritty of how to structure your elimination diet plan, which is chock filled with information, in addition to a chapter on supplementation (that I really enjoyed, since it started with bone broth, liver, and fermented cod liver essential oil as "health supplements").. This created dietary deficiencies that caused me to possess low gastric acid, greatly impairing the complete digestive process further south. Furthermore, all of this mal-digested food and excessive carbohydrates visited feeding pathogens..the book was a savior for me personally to greatly help create a positive life change and get rid of my pain! Among the best charts in the reserve lists all the complications with the digestive tract that a person could have, and all the tests which can be run for all those issues. By enough time I then found out about the autoimmune process and removed the food triggers from my diet plan, I could make some progress, but I did so not truly heal until I properly addressed my digestive problems.This is why I believe this book is so important to anyone attempting to heal from a chronic health issue like autoimmune disease.Something Aglaee addresses in her book that I really believe is often ignored may be the mind-body connection when recovery digestive problems (or any health issues, for that matter!). She explains ideas like why people may become sensitive to certain foods when they possess a gut an infection, or why going for a proton-pump inhibitor for GERD or acid reflux fails to address the real cause of the dysfunction. This is in addition to, and no doubt exacerbating the leaky gut I have due to my autoimmunity..Following the overview of digestive function and dysfunction, Aglaee has a great chapter on the dietary interventions a person could take at an try to help their issues. Even though you don't think you have problems with digestion – chances are, for those who have an autoimmune disease, you perform. Her suggestions for the elimination diet are spot on: Real, unprocessed food, quickly digestible, low-allergen, anti-inflammatory, nutrient-

dense, carb-restricted, and personalized. But what a lot of people don't recognize, is that all of the years of consuming those toxic foods has ruined their digestion, and diet change is not a magic bullet. Not only does Aglaee walk us through every stage of the digestive process, just how it is likely to work – filled with simple conditions, charts and illustrations – but she then reduces all of the methods digestive dysfunction can happen. An essential fact I have learned in all of this: A healthy diet plan struggles to help you in case you are not digesting properly. She has given us some wonderful suggestions on how we can get our bodies into a parasympathetic (not stressed) state for eating, which is definitely incredibly important. Many thanks Aglaee for posting your own experience and knowledge to help so many others! As if nearly 250 webpages of information (which I just barely summarized here) wasn't enough, the reserve includes a ton of dishes and a section on food planning. The majority of the dishes are for simple, curing, and nourishing foods you can make while on the elimination diet plan, and most of these are autoimmune protocol compliant or could possibly be quickly modified to become that method. The photos are beautiful, and the dishes include plenty of flexibility and choices. That is definitely a book I would suggest everyone have in their collection. It is so filled with information that is extremely pertinent to anyone on the path to better health. Rather than proclaiming a one-size-fits-all strategy, she gives a synopsis of some of the common dietary interventions and argues for an elimination diet plan customized to a person's unique situation. The more I find out about health, the even more I notice how important healthy digestion is to a sound body. If that isn't more than enough, the sections on tracking, reintroductions, meal planning, and other assets are incredibly beneficial to someone following a autoimmune protocol. Best Many Easy to Read/In depth Book to Improve Life and Get Rid of Pain! If you want to know the reality about food, well-being, and nutrition, you then have to buy this reserve right now!.. I found myself battling an h. Or if you're just IN PAIN and think that the way you eat could become contributing to it..after that you need to buy this reserve right now!.We love that there surely is also a chapter focused on your brain and body, as more and more we are looking at how much self-care is necessary and, in itself, may improve our digestion. Personally, I spent over ten years eating a low-fat, vegan diet that was super saturated in carbohydrates. She clarifies common digestive issues like IBS, meals sensitivities, SIBO, and GERD, among others, including the common causes and methods of testing for proper diagnosis and treatment. She's something for everyone in this book....she goes through so much that all of us deal with, struggle with, and try to overcome. Learning that therefore many of our problems that we have a problem with could be overcome can be empowering! I can't recommend this book enough for anyone (people who know nothing approximately food, or actually dietitians and food specialists)! My partner is a successful dietitian and she gained so much out of this book which has given her the ability to help others in the methods the book teaches. I myself struggled immensely with abdomen/side pain for a long time.. This book will get you there.. Pylori disease, SIBO, and parasites (not forgetting the awful symptoms that went along with this – heartburn, bloating, gas, and constipation). For all people which were given a diagnosis of IBS (or so on), you don't have to become stuck with discomfort for the others of your lifestyle. The author Aglaee Jacob not only knows "everything" about food, well-being, and nutrition, but her book is a super organized, easy to read guide to get you where you want to go...you can rid yourself of it!. All the best!



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