

"Much disease and ill health do indeed come from digestive dysfunction, unless you follow Dr. Teta's life-saving guidance."

—Joseph Pizzamo, MD, Founding President, Bastyr University, coauthor of  
the bestselling *Encyclopedia of Natural Medicine*

# Natural Solutions

45  
RECIPES  
+  
28-DAY  
MEAL  
PLAN

## for Digestive Health



Relief from the most common  
problems including:

- Acid Reflux • IBS • Gas • Constipation
- Diarrhea • Crohn's Disease • Ulcers
- Children's Digestive Issues • and more

Dr. Jillian Sarno Teta &  
Jeannette Bessinger, CHHC  
Foreword by Jonny Bowden, PhD, CNS

Dr. Jillian Sarno Teta and  
Natural Solutions for Digestive Health



[continue reading](#)

Based on the latest medical and nutritional research, *Natural Solutions for Digestive Health* It covers from low-grade irritations such as for example bloating, gas, constipation, and lactose intolerance to more serious conditions such as for example ulcerative colitis, acid reflux, gallstones, diverticulitis, and inflammatory bowel disease. provides anyone experiencing persistent or intermittent gut disorders the comfort they seek. A special section focuses on pediatric digestive complications, and there's expert nutritional and dietary advice plus recipes to help ensure digestive health.



[continue reading](#)

Very helpful! With reduced change in my colon, I begun to look for other solutions and I wanted them to be "natural", not really medical or invasive. A lot more literature is popping up about the importance of gut health so this book would be my starting point, or reference, on this issue. All they could tell me was that my colon was swollen (not diverticulitis or IBD); Also, I have no gas, no bloating, no burping so long as I give consideration and only deviate minimally from all of the tips found in this book. We was having some kind of "mystery" intestinal concern that my health care provider could not correctly diagnose. After reading I now know more about my gut than I ever truly imagined (maybe a little an excessive amount of about certain elements, heh). I'm a big fan of the people at Metabolic Impact so for me it was a no-brainer to get Jillian's reserve when it arrived. We wasn't disappointed. After following her prescribed dietary adjustments and adding in her beneficial suggestions, I saw my colon start to heal itself. I really believe God designed our anatomies to heal themselves in lots of situations and He created true food to serve as the "medicine". I'd estimate that I'm 80% better after a few weeks and I anticipate a full go back to normal in a few more. Most of all, I learned a lot of things from Dr. Teta that I'll implement permanently into my diet to keep up healthy digestion for the others of my entire life. Disappoint. I also enjoyed the fact that she is a practicing doctor who embraces natural solutions and has patients who have seen healing under her care. A battery of checks including a contrast CT scan eliminated all of the common answers. It. Do. Not. most comprehensive guide about gut health ive read As an aspiring fitness + nutrition coach, I make an effort to get my practical as much different reading materials I could to help gain an improved baseline knowledge of different health-related ideas. This book is AWESOME. I ordered the reserve because I heard an online interview with her and she sounded knowledgeable and genuine. The authors do such an excellent work of explaining each one of the topics. They are very thorough and make this a straightforward, enjoyable read. I definitely recommend this book to anyone attempting to expand their understanding on the topic. Good to have, for reference and learning. Jillian Teta's Fix Your Digestion on Facebook after learning about her through Metabolic Effect and JillFit. This book was amazing. Nice publication. I have already been recommending this reserve to everyone. It is extremely informative. This book is incredibly helpful! This book explains everything very simple and it list the majority of the digestive issues that might trouble anyone. I could understand everything and it explains lots of things that might affect your tummy. OMG. Even though you think this might not help simply read it, the info provided is important. I followed this book to the letter and years of problems solved in 30 days. RECOMMENDED. Miracle Book My wife followed the program in this reserve, and she could stop taking her acid reflux medication. She'd been taking a double dosage for seven years. The way this reserve restored her digestive wellness seemed miraculous. Very complete info to heal not only your gut, your complete health. We have no idea exactly which or combination healed her, but she feels great. I was learning TONS from what Dr. You go through the plan with the goal of eating like a regular person again. We had my doubts about this natural remedy, but it really did function. There are numerous steps in the book. The contents this book include are a very broad point of view. when it had been released). The autor as a naturopathic physician will give an exclusive practice with the info in this book. Great material filled with natural healing methods like natural herbs, supplements and delicious foods. I examine it over Christmas and started the 4 week gut healing strategy in January. Oh I wish We had bought this reserve sooner (i.e. Gastroenterologists understand their specialty from a pharmaceutical stage and if everything is usually beyond that, a sharpened knife will help. I started following Dr. LOVE IT. Well written book with lots of great information in eating for a healthy gut. The great thing concerning this book is that it is not a

long-term lifestyle change. Jillian was publishing on FB, and despite becoming really happy in my own fat loss and fitness goals, I was still experiencing digestive upset. I had lessened the amount of processed food items (white flour, white sugars etc) that I was taking in, but I did so still eat smaller amounts of refined flour. My bloating problems have been virtually nonexistent, I've had barely any cramps (so when they are they've been mild and last at under an hour which is HUGE for me personally), and my energy is normally Method better (I am not really a morning hours person but have found it easier and better to get right up in the a. If you have IBS or other digestion issues, get this reserve! I also started taking probiotics (a standard wide spectrum one, and one particularly with *saccharomyces boulardii*) and digestive enzymes. I am right now just over 2 weeks into the plan and I could honestly say I feel AWESOME. In December, I felt sick of becoming bloated and crampy at night and purchased this reserve.m.). I really wish I had discovered this book sooner and taken your time and effort to try the meal plan in it sooner. If you are suffering my digestion problems and various other paths haven't had the opportunity to assist you much (such as for example appointments together with your doctor), I highly recommend this book. This book is incredibly helpful! Everyone should go through this ... I love this reserve. Everyone should examine this because a lot of people take their digestive system for granted, and also all the "minor" inconveniences it really is plagued by. I want to assure you, thanks to this book I've no even more acid reflux, none. After nearly 3 years of problems sleeping because of acid reflux disorder, I am finally an uninterrupted nights sleep. I could not tolerate regular food therefore I place myself on an alternating liquid/soft diet plan and eliminated meals allergens (I've a level in Dietetics) for eight weeks. I have been suffering from stomach and intestinal problems for years. Useful. At that time, I was working on weight loss but I've also suffered from IBS (bad cramps, bloating, often severe stomach discomfort, constipation interspersed with diarrhea) for 5+ years after having a really bad virus rather than taking proper care of myself during my early college years. Five Stars Great info. Five Stars Good info, only started reading but very useful. Informative book It has some very helpful information I came across nowhere else. Whether you use this as a professional resource or you just want to find out about how to get a healthier gut (gut rebuilding system included) - that is a must have! Five Stars Excellent material, very comprehensive! !



[continue reading](#)

download Natural Solutions for Digestive Health fb2

download free Natural Solutions for Digestive Health fb2

[download free The Herbal Bath & Body Book: Create Custom Natural Products for Hair and Skin ebook](#)

[download free Mandalas for Meditation: Scratch-Off NightScapes pdf](#)

[download Superfood Smoothies: 100 Delicious, Energizing & Nutrient-dense Recipes \(Julie Morris's Superfoods\) djvu](#)