

# your tastebuds are a\*\*holes



how I trained mine  
and healed crohn's  
unique hammond

Unique Hammond

Your Tastebuds Are A\*\*holes: How I Trained Mine and Healed Crohn's



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Unique Hammond idea she was healthy. Elevated on natural food, cautious with chemical substances, and rocking size 26 jeans, she were in peak condition--until Crohn's. With irreverent wit and hard-earned wisdom, she also walks you through fundamental changes you can make to boost your own wellness, fight chronic issues, and make sure your best life for years to arrive. re great--and you can only progress from here. In Your Tastebuds Are A\*\*holes, Unique shares her trip from ninety-pound affected individual to advocate on her behalf own holistic wellness. s disease still left her suffering, struggling to sleep, eat, or drink drinking water. With tips which range from diet and workout to locating a support team, Unique implies that wherever you are in your trip to wellness, you're; This painful wake-up contact prompted her to find a new way of looking at wellness and healing--and to share her simple however effective solutions with others.



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The Missing Key for the Autoimmune Community I actually suffer from Crohn's and have been GF for a decade and in the AIP Diet plan since getting diagnosed in November. Reading Unique's reserve has changed everything! As an advanced home cook and acupuncturist, I was identified to vigilantly narrow my diet to bone broth & And, she does this with real-lifestyle humor, through real-life experiences, in a way that makes you understand the simpleness behind true wellness. My tastebuds certainly are a ghost of their former selves. I've also tried most of them. But, I had not been getting the results I hoped for. I purchased Unique's book and read its entirety in one evening. I laughed, I cried and I sensed hopeful. It had been my first glimpse into a full, true to life story of somebody exactly like me who had new advice to provide. A busy mother, working, trying to seem well and be fun for friends and family, but feeling terrible inside. During the past couple of months, I read 30 Autoimmune and Paleo books from the library, paid attention to way too many podcasts to count and also have read through countless comments and blogs to find the missing type in my diet and determine why I'm not consistently sense well. I also loved learning about what to eat/what to stay away from and why. I hardly understand why the AIP and Paleo community, almost within their entirety, are informing us to get rid of beans. I understand that few people may have difficulty, but beans can actually make all the difference in recovery ordinary people. I'm guessing, it could be in the correct preparation of the beans before cooking. Reading all about the dreaded LECTINS in the AIP and Paleo books, I thought I'd go into a huge flare and was terrified to try them. This is a must-read! Taking one appear at how healthy Unique is, I understood it was time to try coffee beans.! sprouted mung coffee beans and sprouted lentils. what will make more sense than that! They don't really have to be presoaked and prepare in approx. She curses such as a sailor and I really like her writing for this. I keep a prepared container in the fridge and grab a handful to make into all my meals. something many of us neglect. Unique understands this and has mastered ways to get this stage across. The second Personally i think a twinge of discomfort or acid gurgling down my intestines, I eat a spoonful and quickly feel better.. She also offers important insight on how to relaxed your intestines and prepare them for the very first time you will reintroduce beans. that our bodies are meant to heal themselves. It's this inspiration! She radiates health & confidence. Most inspiring publication for Crohns ! Her commitment to the autoimmune community to pass on education and the path that worked for her and countless others will help many people. I am really grateful to be guided towards a fresh path of healing an autoimmune disease through Unique's book. Got Crohns, UC, IBS? Well, played, Ms. The narrative tone of voice reads like your best girlfriend offering you the very best advice you do not want to check out...but follow it!.If you're suffering, read it cover to cover, then check it out for some weeks and see what goes on... The messages are supported with years of experience and study. I've followed this process for a long time now - existence and my symptoms are so very much better they were. Good good luck on your journey! Through the years I've read many articles, stories, and books revolving around Crohn's and ulcerative colitis. Great browse! but EVERYONE should read it. She doesn't tell you you need to follow "this" specific diet, or eat "these" particular foods. I count myself lucky never to suffer from any autoimmune problems but no matter that, I found Unique's writing to become a pleasure to read, even if it docs a rather painful subject material. As a parent, a partner and a individual, I connect with Unique's disarming tone and her nonacademic style. 10 a few minutes. I have to confess that the cover art is amazing and that I'd be hard-pressed to walk past it without investigation.? I believe we all need to applaud Unique for composing this book and I am hoping it finds a keen audience. This reserve is gold

Such a slim little volume, but so essential. Hammond. 'Our bodies are comprised of what we placed into them'.....I was lucky enough to meet Unique through a mutual friend. It really gave me the inspiration to heal my gut starting with food.! This publication is not for everyone.. Reading Unique's book will give you the research and education on why coffee beans are so helpful. You think you understand someone and they write a book about a problem you scarcely knew they had. Like Unique, I suffer from severe IBD (Crohn's Disease) and our path was near identical. Neither my tastebuds nor my intellect were offended. I've read about all the medical procedures and medications. I've read about all the different diet plans claiming to heal IBD. Anything to avoid steroids and medical procedures. The underlying issue with everything is that, with regards to IBD, there is absolutely no "one-size-fits-all" approach to healing. Not with medicine.! It's really a video game changer! Her holistic background and sheer determination has laid the building blocks for what everyone with IBD must understand.. Not every path works for everyone, but that one is cheap and and may be very effective - so long as it's followed with dedication.I love Unique's bravery and dedication to getting her story out there to greatly help others through her tremendous pain and recovery to a place of real energy and health. Unique includes a relatable tone to her composing and clearly has important insight to share on the subject of Chron's and coping with it. Powerful Message for All Humans Simply finished this motivational, inspiring, educational book with a touch of comedy on top of that. AIP home cooking. We-are-what-we-eat hasn't rang more accurate. Every human should do themselves a favor and go through this book. I would possess approached my healing process very much the same as Unique did and would have preserved myself years of discomfort, agony, and suffering.I volunteer in the IBD community and now recommend this book to everyone I understand. I even purchased even more copies just to give away as gifts. In the event that you suffer from IBD of any sort, or just want to be a healthier you, please examine this book. I actually don't have Crohn's but I LOVED this reserve! Low and behold, it's been two months with out a critical flare and for the first time in years I really believe I'm on the path to accurate, lasting healing. She just offers you the "dosage of medicine" that people all need to hear. I didn't want to put this book down. When my GI doctor offered me the news headlines of my IBD diagnosis, I wish he would have got handed me a copy of this book simultaneously.life could get a lot better. When you have been experiencing Crohn's disease that is a must browse. As well, if you are like me and also have not suffered from any ailment, this book is a secret weapon to learn how to keep our anatomies alive and happy also to respect and listen to our bodies. MANY THANKS Unique for your courage to write with refreshing candor about an indelicate subject matter and the not-so-pretty journey you had taken from sickness to wellness. I browse it in three times and enjoyed every instant. I love the title I really like the title, I really like the author's writing design and I love that she was brave more than enough to share her personal story to help others. you won't regret it. Thank you Unique. So so happy you are not suffering any more. Anytime I'm feeling low about Crohn's, I believe of Unique and wishing one day to attain what she already has.! This book is a MUST read for anybody with crohns.! This is something I imagined and didn't know was feasible until I heard the author's story. Unique offers it. I discovered the significance of respecting my body's irritation from the author. I am permanently grateful! Not with food. Great, Easy Read As someone who will not suffer from Chrones, here's my take and I'm simply going to go ahead and assume that the majority of people who stick to the diet plan will benefit.! I whole-heartedly recommend this publication! Its educational without being too clinical and it's refreshingly honest. For individuals such as myself, the publication also

contains info about keeping a healthy diet that may benefit readers who usually do not suffer from Chrones and reading the experiences of the writer makes one feel grateful for being in a healthy body... I also carry them in a baggie in my own purse when I leave the house. Get this ASAP I've searched much and low for whatever might help me manage my symptoms, at a location of rock bottom level I came across Uniques book and incredibly skeptically decided to give it a go because I acquired nothing at all to loose. I began using what sounded the safest; I think individuals who have problems with Chrones, or know family and friends who do, will find the book extremely compelling and helpful. The book can be an easy read with beneficial details and it comes off as authentic, sincere in its message and authentic in wanting to help people. And I consider myself somewhat educated about health/diet/nutrition having spent a month at the Pritikin Center twice in my life and read several books over the years. This publication is an easy read, peppered with salty language that, with wit and sparkle, will gently show you to a brand-new way of thinking about your body and its own relationship to meals whether or not you possess Crohn's, IBS or any other intestinal disease. Actually, it's greatest you read it BEFORE you develop something!! Thank you for composing this book. You can buy them on Amazon or Entire Foods or prepare them yourself. Additional investigation will without doubt help a lot of people better understand Chron's without needing to read a dried out textbook on the subject or read random blogs in hopes of learning more. I cannot recommend this book more highly. It's a laidback quick browse that I think EVERYONE must have under their belt as we navigate this world of processed food and wonder why we've so many ailments! Treat yourself to this book. In case you are struggling from Crohn's this is a must read.



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