

# Heal Your Leaky Gut

**THE HIDDEN CAUSE OF  
MANY CHRONIC DISEASES**



## **FIX YOUR:**

- ✔ Joint and muscle pain, arthritis
- ✔ Digestive complaints, acid reflux, IBS, Crohn's disease
- ✔ Headaches, depression, anxiety, ADHD
- ✔ Lupus, MS, Type 1 diabetes
- ✔ Chronic fatigue, low energy
- ✔ Itchy skin, rashes, eczema, acne, rosacea, psoriasis
- ✔ Seasonal allergies, food allergies

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with Jodie Gould

Dr. David Brownstein and

## Heal Your Leaky Gut: The Hidden Cause of Many Chronic Diseases



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Here are some symptoms which may be due to LGS: Digestive complaints, acid reflux disorder, IBS, Crohn? And when your gut isn?t working right, it pieces the stage for illness and disease. The gut?like the brain, heart, and liver? Improving your gut health insurance and taking fewer drugs will help you experience better and look younger, improve your brain function, and deal with myriad medical conditions.t understand what LGS is? But what goes on when the system reduces? Simply mentioned, if your gut isn't healthy, your immune system is going to suffer. Traditional doctors don?t want or are toxic.significantly less how exactly to diagnose and treat it. In fact, it is estimated that more than 80 percent of individuals with chronic illnesses have leaky gut, an overgrowth of bad bacteria, or not enough good bacteria.Most illnesses begin in the gut, including many you would not even think about!s disease Joint and muscle pain, arthritis Obesity and food allergies Headaches, depression, anxiety, ADHD Itchy epidermis, rashes, eczema, acne, rosacea, psoriasis In Heal Your Leaky Gut, Dr. David Brownstein will clarify the way the gut?the gastrointestinal system?must be properly nourished in order for it to operate correctly. Leaky gut syndrome (LGS) occurs when the lining of the small intestine is damaged, allowing foreign compounds to flee into your bloodstream, which weakens your immune system and triggers autoimmune reactions.is made to absorb nutrition that support our bodies and help us help to make energy, and get rid of things that people don? This book will provide you with all the info you need to switch what you are actually doing so you could have optimal gut health and, as a result, general health and well-being.



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Finally relief!! I purchased this for my mother who has suffered with an undiagnosed leaky gut for years.. The nutrients weren't being absorbed, because of lack of enough gastric acid. They simply don't have the knowledge needed in this area (even the Internal Medicine specialist and Gastroenterologist professionals couldn't help her). She was on proton pump inhibitors for 10 or 11 years, to the main point where she was severely malnourished, even though she was eating. They kept prescribing check after test, and multiple prescriptions, but nothing solved the issues. The food would pass through, eventually rotting along the way leading to gas, bloating and discomfort. So superior to trying to speak to my own doctor Very helpful--I've trained with away to several close friends who also found it informative with cement information to follow. Agave? Brownstein who in fact wants to heal his patients instead of string them along with endless office appointments or even worse hand them to big pharma. Good that he knows whole, organic foods will be the way to go. outstanding This man is certainly a off the charts since far . So superior to trying to speak to my own doctor! because technically you will discover all these terms on the internet, but only the real source provides them assembled the same manner to give some sort of meaningful context. outstanding This man is certainly a off the charts so far as conserving lives and breasts meant for women with cancer because of low iodine. A Must Read For Good Health Excellent book. So pleased I bought it! As a side-effect, it was also aggravating her anxiousness and depression... All disease Start in the GUT Five Stars This book is just what the "doctor" ordered!! Five Stars Great information that can help you be even more careful about what you eat. How serious are you on the subject of improved health? Am utilizing the understanding in this book right NOW! Bad advice. As usual this publication is superbly written for someone like myself who's not really a medical professional Love this book. I've loaned it out multiple occasions and bought extras for when others have it. When people say about most books they can find the same thing on the web, I disagree -- it's comparable to saying that every term in this review is found on the web (apart from this exact review that is on the internet here) . I'm glad he's trying but I'd never go to a "practical doc" so uninformed... The book gives the reader a lot of information to possess a great conversation with appropriate questions or requests of most of your care physician. GUT great Book! non-e of her doctors could successfully diagnose her problems. or suggestions on what to look for in the next primary care physician's understanding. A must have Everyone interested in real healing and understanding of heath issues HAVE TO BUY THIS BOOK. This will provide you with the required answers AND results in more information with the reference to other books in case you are interested in learning about more. So much, so good. Just about any "pattern interrupt" creates some good outcome, even more than others. Of course some drugs are essential, but many are merely to range the pockets of big pharma, regardless of the side effects. Nevertheless, given the date upon this reserve I was disappointed at many of the assertions and recommendations as they indicate too little familiarity with the study of the last 15 -20 years. Thank goodness for Dr. 90% fructose, a known liver toxin a sugar no one, especially the ill should ever eat. The whole grain recommendations are disturbing as well given all the research through the years on their DNA damaging effects as well as prime cause for some leaky guts and the ensuing irritation and growing illnesses of Western diet epidemics.. read this book before going to an MD recommended reading should you have IBS



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