

**THE**

**GUT**

**WELLNESS**

**GUIDE**

**THE POWER OF  
BREATH, TOUCH, AND  
AWARENESS TO REDUCE  
STRESS, AID DIGESTION,  
AND RECLAIM WHOLE-  
BODY HEALTH**

**ALLISON POST AND STEPHEN CAVALIERE**

**FOREWORD BY SARA GOTTFRIED, MD**

Allison Post

## The Gut Wellness Guide: The Power of Breath, Touch, and Awareness to Reduce Stress, Aid Digestion, and Reclaim Whole-Body Health



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and to relax, tune into the body, and create a personalized action intend to heal.including digestive problems, anxiety, and despression symptoms—this easy-to-use guide presents simple ways to relieve the stress linked to some of today’s most pressing health issues. The Gut Wellness Guide expands upon the method previously introduced in the authors’ Authors Allison Post and Stephen Cavaliere clarify the devastating effect that imbalances of gut microbiota and the microbiome can have got on digestion, and they demonstrate proven ways to reconnect with our bodies and reclaim our health. first reserve, Unwinding the Belly.primary brain”gut mind” to the “ Unwinding is a very clear and accessible way to connect the “A user-friendly guide for anybody grappling with chronic discomfort, fatigue, gas, bloating, and other common disorders associated with the gutAddressing an array of conditions—



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It's rare to find a powerful blending of theory and request presented in a warm friendly accessible manner that any reader can take up and put to use right away. We want to take a moment to applaud probably the most talented, intuitive, smart and magical healers I've had the good fortune/divine intervention to learn (and love/respect) for 17 years. So if there is an imbalance in your gut, it will show up elsewhere. I walked out with assistance, intuition, intelligence about my body, the gut/mind/immune connection twenty years before anyone was discussing it, a deep understanding of breath/regulation that extended much beyond what I've learned through yoga exercises or other methods, and invaluable equipment for balance and health for the others of my life. Oh, and discomfort free of charge. As a functional/somatic practitioner for over 30 years, her approach has been life changing for many individuals. I have never known you to definitely give so a lot of herself, come from intuition and love, truly reach the roots (because there can be many) of a health problem and then eventually empower you, so that you can become your own healer. James Flaherty, Founder New Ventures West, Essential Coaching Effective guide to gut joy! If you are fighting chronic pain, stress/nervousness, gut disorders like bloating/gas/fatigue, autoimmune irritation, hormone fluctuations... or simply want a window into very thoughtful knowledge and hands on approach of our innate ability to heal with the proper methods, this book can be an amazing place to begin. I do believe that my body is rewarding me for paying attention to it. And couldn't most of us use more guidance, knowledge and therapeutic from a reliable, experienced, loving and intuitive supply!? I confess that Personally I think so good that I haven't moved on to the advanced measures yet. Seeing the Belly from a complete new perspective As a massage therapy therapist of 30+ years and a medical herbalist I was extremely excited to read this book. I will be recommending the Gut Wellness Guideline to my patients and clients for a long time to come. It really is a treatise on what our bellies can tell us, and the grounded methods the authors offer on how to get in touch with this most important and intuitive component of our Selves. I acquired many things out of this book: aha's that keep arriving, nods of agreement because we've all "been there!" and some great methods on how to Stay in our Centers. I really can't state enough about how exactly helpful this publication is and its own universal appeal. It is put in simple terms that everyone can understand and is filled with wisdom that obviously originates from years of practice for the authors. Easy steps to greatly improve your health insurance and well-being. Intuitive, Knowledgeable, WELL CRAFTED! This wonderful reserve does that. Allison and Stephen are deep and committed practitioners, in contact with the fast-paced, complicated, contemporary globe, who bring proven methods for curing and strengthening our stressed immune systems and bodies. I familiar with Allison and discovered many of the practices in this reserve that not merely radically improved my digestive issues, but my health overall. If you are seeking sensible counsel for how exactly to live a wholesome life, this book is for you! If you would like to reclaim your health and joy, buy this book! Indispensable, deeply human, trustworthy – a genuine gem. Allison and her equally awesome spouse Stephen have reimagined and reenergized what I thought was originally a fairly great publication, and took it all to another level. I came across that The Gut Wellness Instruction provided an easy-to-learn method to greatly help my digestive problems and stress. Since I started to use the touch and breathing techniques at night before bed, my acid reflux symptoms have stopped and I sleep through the night without getting up with an anxious stomach. I can utilize the breathing techniques any moment of day to help when I have to relax, understanding that I am doing good things for my gut at the same time. Done well Allison Post and Stephen Cavaliere and many thanks for offering us the gift of your amazing publication as well as your amazing selves! I have those to

anticipate. It's wonderful that through this book many more people will get to see Allison's guidance, knowledge and healing. As the name says, it's about THE ENERGY of Breath, Contact, and Recognition. Allison and Stephen utilize their understanding to impart just how important all the connections are in this well-written tome. Reading her and Stephen's publication provides acquainted me and got me practicing once again, and I am already experiencing a reemergence of the health benefits. I recommend this reserve to anyone who would like to take a dynamic role in their well-being and health. Everyone should own this book I found Allison several years ago after a lifetime of digestive issues. I was skeptical at first as I had started out hopeful with an array of health practitioners. Their purpose is to see and empower the reader to possess and address their very own well-being. Great Tool for self help This is a very accessible and informative book with lots of great info on how things work, how they go awry and some methods to help yourself. The practices are simple, incredibly supportive, and so are once again getting the grace of physical equanimity into my entire life. A book that you'll put to immediate and fruitful use. You certainly do not need to take a seat on a mountain top in convoluted postures or put yourself through agonizing protocols.! They educate you on how exactly to sense your personal body, embody it, and breath efficiently to consider charge of your health. The methods they outline are clear and highly-practical. I have been working with Allison for more than 8 yrs and for the reason that time I've transformed from someone who was coping with chronic illness, brain fog, and worsening autoimmune disorders to someone who is newly married, thriving in her profession and very, very healthy! In fact, it's just the contrary: they educate you on how to rest in the ease, spaciousness and well-being that is inherent to the body, regardless of how symptomatic you might be. From that place of connecting together with your life-power, they teach you how exactly to unwind entrenched physical, mental and emotional patterns to be able to reclaim the freedom, pleasure and well-being that's your birthright. Allison and Stephen are extraordinary guides. If you want to take charge of your wellbeing, buy this book!! In that they fully succeed. Who have thought that I have already been breathing wrong for all of my 60+ years!! I cannot recommend Allison and Stephen's work more. This book has changed my life, body and my soul! Incredible! My stress levels melt away when I breath correctly, deeply and powerfully from my belly. The Gut Wellness Information and Unwinding the Tummy are both well written books, easy to comprehend and so very motivating in encouraging the reader to take control of their health and well being. Ms. Post was method prior to the curve when she talked about the importance of the Tummy and gut microbiomes over a decade ago in Unwinding the Stomach. Her second reserve , with easy to check out diagrams, help the reader to comprehend and embrace the importance of slowing and unwinding! My gut is one content camper since I have started using the "Unwinding" methods and inhaling and exhaling lessons that Allison Post's book recommends.!! Fabulous guide to health This book represents a lifetime of work and wisdom from Allison and Stephen. The strategies outlined in this publication really, really works! I can not recommend it enough ! A great source of information We all have been learning that gut wellness is linked to, well, just about everything else in your body. I came to her with inexplicable chronic back again pain that completely confounded doctors in my early 20's and for which they could offer only steroid photos. I want to thank the authors because of this present of wellness. Essential read for those interested in getting healthier!



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