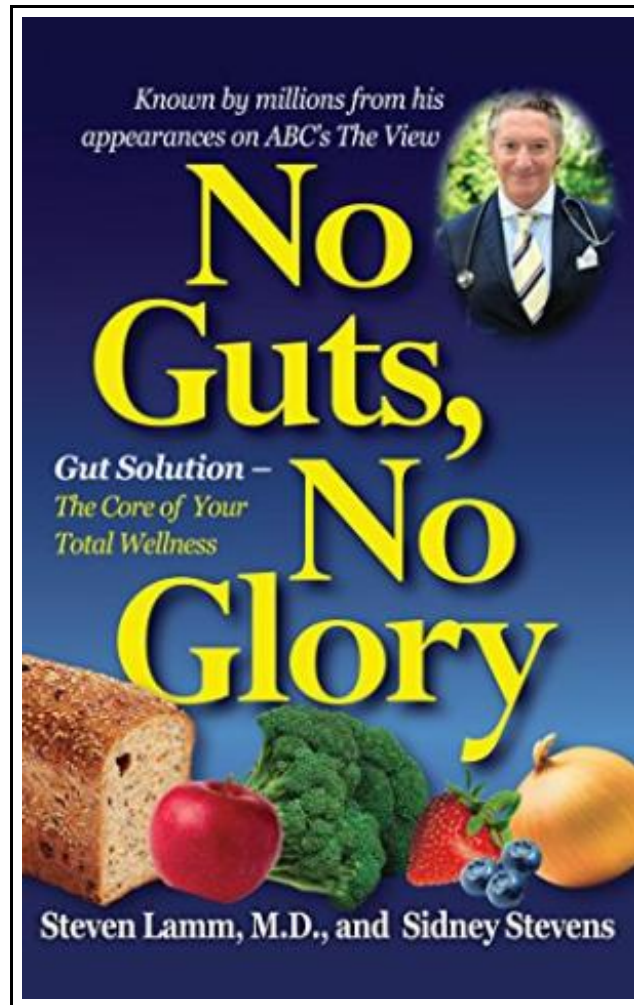


No Guts, No Glory: Gut Solution - The Core of Your Total Wellness Plan



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*This book is great. I have go through and so i am confident that i will going to read through once again again in the future. I am just easily can get a satisfaction of looking at a written book.
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NO GUTS, NO GLORY: GUT SOLUTION - THE CORE OF YOUR TOTAL WELLNESS PLAN



Basic Health Publications. Paperback. Book Condition: New. Paperback. 168 pages. Dimensions: 8.9in. x 5.7in. x 0.4in. Searching for true wellness Start with the gut. Surprisingly, our gut is the source of many seemingly unrelated physical and mental disorders that afflict millions of Americans, such as kidney stones, asthma, ruptured abdominal aortas, and even cancer or heart attack. This is above and beyond the 90 million people who have gastrointestinal problems each year. When it comes to the gut, most people assume that everything is fine until something hurts. But by then the trouble has been brewing a long time. To be really health savvy, it is important to understand the role the gut plays in health which goes far beyond digestion and then begin taking care of it. Internist Steven Lamm, M. D. , a long-time advocate of moving from intervention to prevention, proposes a three-step plan he calls The Gut Solution that works in tandem with every other part of the body. The first step is the Gut-Smart Eating Plan that focuses on natural foods like raw vegetables and whole grains, which contain live digestive enzymes that maximize absorption of nutrients and aid regularity. The second step is detoxification, which is sorely needed to cleanse the injurious effects of living in a highly polluted environment. Dr. Lamm shows readers how to purge the gut of toxins by drinking more water, cutting stress, exercising more, sleeping better, taking special supplements, and eliminating addictive substances. The third step is restoring the gut to full function by repopulating it with enzymes needed as the aging process decreases our finite stores, and with probiotics and prebiotics that supply essential bacteria. A gut-check questionnaire helps identify problem areas so the reader can customize each step of the plan to his or her specific needs. No...



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