



# **Fix Your Gut: A Book Dedicated to "Fixing" All Your Digestive Ailments and Concerns**

*John Brisson*

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Are you suffering from heartburn?

Burping a lot?

Does your embarrassing flatulence clear out a room?

Find out the real causes of all of these medical issues and more and learn how to "Fix Your Gut."

There is an average of seventy million Americans diagnosed with digestive disorders every year. More Americans are rushing to their doctors to treat conditions like heartburn, gas, GERD, SIBO, IBS, ulcerative colitis, and Crohn's disease.

More digestive diseases and problems are being discovered every day.

The most concerning aspect of all these conditions is that science and natural medicine are way ahead of the curve in relieving all of these problems. Most people only rely on conventional medicine, which is great for emergency procedures, and life threatening conditions, but does not always offer what is needed for the prevention of disease.

In every medical community, there should be a balance of natural and conventional medicine. Everyone needs to be given the information required to make their own decisions not only for treatment options, but to develop habits that will keep them healthy.

One of the best ways to improve your health is to change your diet and optimize your digestive system to enhance total body function. An ideal digestive system eliminates toxins, governs the immune system, absorbs nutrients properly, provides peak mental health, and ultimately makes it possible to get the most out of life.

Finally, there is a book dedicated to "fixing" all your digestive ailments and concerns.

In this e-book, you will explore and learn everything you need to know about optimal digestive health.

In Fix Your Gut You Will Discover:

How Your Digestive System Really Works

Tips to Improve Digestive Health

Probiotic Guide and Information (All Different Flora and Their Uses)

Supplement Brand Recommendations (Quality Matters)

Buying Supplements Online and Locally

Protocols for Most Digestive Diseases (GERD, LERD, SIBO, Gastritis, Gastroparesis, IBS, IBD, Esophageal

Motility Disorders)

Protocols for Colon Cleansing and Parasite Elimination

Protocols for Constipation, Diarrhea, and Food Poisoning

Protocols to treat Candida, H. pylori, and C. diff Infections

The True Cause of Ulcerative Colitis and Crohn's Disease

Information on Different Diets and How They Affect Your Digestive Health

Gastrointestinal Cancer General Information and Alternative Treatments

Information on Antibiotics and Medicines Used To Treat Digestive Diseases

Information On Digestive Diagnostic Procedures

It's time to take back your digestive health!

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#### **Sarita Springer:**

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#### **Marcus Leiva:**

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#### **Peggy Gillman:**

Reading a guide tends to be new life style within this era globalization. With examining you can get a lot of information which will give you benefit in your life. Along with book everyone in this world may share their idea. Guides can also inspire a lot of people. Plenty of author can inspire their very own reader with their story or their experience. Not only the storyline that share in the textbooks. But also they write about the information about something that you need example. How to get the good score toefl, or how to teach your young ones, there are many kinds of book that you can get now. The authors on earth always try to improve their ability in writing, they also doing some investigation before they write to their book. One of them is this Fix Your Gut: A Book Dedicated to "Fixing" All Your Digestive Ailments and Concerns.

#### **Tonette Land:**

Fix Your Gut: A Book Dedicated to "Fixing" All Your Digestive Ailments and Concerns can be one of your beginner books that are good idea. We recommend that straight away because this e-book has good

vocabulary that could increase your knowledge in vocabulary, easy to understand, bit entertaining but nevertheless delivering the information. The author giving his/her effort that will put every word into satisfaction arrangement in writing Fix Your Gut: A Book Dedicated to "Fixing" All Your Digestive Ailments and Concerns nevertheless doesn't forget the main position, giving the reader the hottest along with based confirm resource data that maybe you can be one of it. This great information can easily drawn you into completely new stage of crucial imagining.

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