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# Digestive Health Now: The Four Week Plan To Heal Heartburn, Ulcers, Colitis, IBS And More



## Synopsis

Drawing on his extensive clinical experience, Andrew Gaeddert helps the reader make sense of natural healing techniques based on Chinese medicine, rotation diets, and anti-candida strategies. Case studies illustrate how the author's clients were able to reduce or eliminate their digestive problems, enjoy greater energy, and reduce discomfort. Gaeddert explores food sensitivities, developing tolerance for certain foods, and preventing food reactions. Useful appendices address obstacles to health, reducing fat intake, digestive-friendly grains, and food families. For the one out of three Americans who will have a digestive disorder in their lifetime, this is an accessible, step-by-step guide for dealing with digestive disorders.

## Book Information

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## Customer Reviews

An awful lot of advice....but nothing exacting. Don't think you are going to read this and be able to cure yourself. A lot of medical info is wishy-washy and often contradicted from one chapter to the next. With the level of chinese medicine he is recommending...you still need a professional.

This was full of good information but I was disappointed it didn't cover GERD in more detail and explain more about how to treat it at home WITHOUT antacid medications. I was so hoping I would find out more about this topic having dealt with GERD for the past 5 years.

If you have a digestive problem or want to be healthy this book gives you usefull information

I wrote Healing Digestive Disorders to give hope to millions of digestive patients who are frustrated with their health. Healing Digestive Disorders has hundreds of effective treatments using Chinese and western herbs, supplements, diet and lifestyle tips, and an overview of western medicine. I suffered from both Crohn's disease and IBS. My search for therapies to help my own systems have made it possible for me to help thousands of people.

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Heartburn: Acid Reflux Cure: Get Heartburn, Acid Reflux Cured Naturally in 3 Week Step by Step Program (Heartburn, Heartburn No More, Heartburn Cured, ... Reflux Cure, Acid Reflux Help, Digestion) Dr. M's Seven-X Plan for Digestive Health: Acid Reflux, Ulcers, Hiatal Hernia, Probiotics, Leaky Gut, Gluten-free Gastroparesis, Constipation, Colitis, ... & more (Digestive Wellness Book 1)  
The Complete Guide To Digestive Health: Plain Answers About Ibs, Constipation, Diarrhea, Heartburn, Ulcers, and More The Complete Guide to Digestive Health: Plain Answers About IBS, Constipation, Diarrhea, Heartburn, Ulcers and More by Fc & a Medical Publishing (2004-06-30)  
Gastrointestinal Health Third Edition: The Proven Nutritional Program to Prevent, Cure, or Alleviate Irritable Bowel Syndrome (IBS), Ulcers, Gas, ... Heartburn, and Many Other Digestive Disorders The Healthy Gut Workbook: Whole-Body Healing for Heartburn, Ulcers, Constipation, IBS, Diverticulosis, and More (The New Harbinger Whole-Body Healing Series) Digestive Health with REAL Food: A Practical Guide to an Anti-Inflammatory, Nutrient Dense Diet for IBS & Other Digestive Issues  
Gastrointestinal Health Third Edition: The Proven Nutritional Program to Prevent, Cure, or Alleviate Irritable Bowel Syndrome (IBS), Ulcers, Gas, Constipation, ... and Many Other Digestive Disorders  
Week-by-Week Homework for Building Reading Comprehension & Fluency: Grade 1 (Week-by-Week Homework For Building Reading Comprehension and Fluency) The IBS Diet: How To Manage Your Irritable Bowel Syndrome Through Food For A Healthier and Happier Life (IBS Relief, IBS Solution) Recover with GAPS: A Cookbook of 101 Healthy and Easy Recipes That I Used to Heal My ULCERATIVE COLITIS while ON THE GAPS DIET-Heal Your Gut Too! Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan Book 2)  
Reverse Gut Diseases Naturally: Cures for Crohn's Disease, Ulcerative Colitis, Celiac Disease, IBS, and More Stomach Pain Relief at Last: Natural Remedies for Ulcers, Heartburn, Gastritis, Gas and Bloating Symptoms Associated with an H. pylori Infection: Stomach Health Organize Now! Think and Live Clutter Free: A Week-by-Week Action Plan for a Happier, Healthier Life The Complete

Low-FODMAP Diet: A Revolutionary Plan for Managing IBS and Other Digestive Disorders The  
Everything Guide To The Low-FODMAP Diet: A Healthy Plan for Managing IBS and Other Digestive  
Disorders IBS: A Doctor's Plan for Chronic Digestive Troubles 3 Ed: The Definitive Guide to  
Prevention and Relief Indigestion: Living Better with Upper Intestinal Problems from Heartburn to  
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