

The book was found

IS IT LEAKY GUT OR LEAKY GUT SYNDROME: Clean Gut, Allergies, Fatty Liver, Autoimmune Diseases, Fibromyalgia, Multiple Sclerosis, Autism, Psoriasis, Diabetes, ... & More (Digestive Wellness Book 2)

All diseases begin in the gut.

---Hippocrates, 460-370 B.C.



Is It Leaky Gut

or

**Leaky Gut
Syndrome?**

Clean Gut Allergies Fatty Liver
Autoimmune Diseases Fibromyalgia
Multiple Sclerosis Autism Psoriasis
Diabetes Cancer Parkinson's
Thyroiditis & more

Anil Minocha MD



Synopsis

Wall Street Journal Best Selling Author! Leaky gut is like having a leaky pipe causing damage all over the house. Renowned gastroenterologist takes you on a journey through the dark leaky bowel and its link to allergies, arthritis, obesity, autoimmune diseases, fibromyalgia, autism, etc. Fix the leak to prevent further damage. Follow Dr. M's gut-strengthening strategies to boost metabolism, lose weight, re-energize body, and more "all by correcting the many hidden problems that stem from an ailing digestive tract. Gut is the largest immune organ spread over surface area of a football field and with a brain of its own comprising of 100 million nerve cells. The intestinal barrier is designed to be our health fortress. However, it is not a gut wall of concrete. A microscopic layer of gut cells separates the body from stool with of trillions of bacteria and toxic substances. The chain fence barrier allows absorption of nutrients while combating bad stuff. A dysfunctional, leaky fence barrier allows hostile foreign elements access to the body. This may result in a defensive fighting posture of inflammation and immune reactions in gut and other organ systems. The terms "leaky gut" and "leaky gut syndrome" are not synonymous. 1. What is it that leaks? 2. Where does it leak to? 3. What causes the gut to leak? 4. Are there tests available to check if your gut is leaky? 5. What are the diseases linked to leaky gut? 6. Can leaky gut affect organs beyond our intestines e.g. skin, brain, etc.? The author dives into the controversies surrounding above questions and provides evidence-based concepts and strategies underlying strengthening intestinal fence and healing damaged barrier.

Book Information

File Size: 1788 KB

Print Length: 235 pages

Page Numbers Source ISBN: 0991503120

Simultaneous Device Usage: Unlimited

Publisher: LOGOS Enterprises LLC Shreveport, LA 71115, USA (November 28, 2014)

Publication Date: November 28, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00QBBGB1O

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #437,954 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #19

inÂ Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases > Psoriasis
#74 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments >
Chronic Fatigue Syndrome #95 inÂ Books > Health, Fitness & Dieting > Diseases & Physical
Ailments > Multiple Sclerosis

Customer Reviews

Physician author Anil Minocha, MD has impressive credentials: Professor of Medicine, Certified - Physician Nutrition Support Specialist, Fellow - American College of Physicians, Fellow - American College of Gastroenterology, and Fellow - American Gastroenterological Association. Dr. Minocha was honored with the University of Mississippi Medical Center, Department of Medicine 2006 Langford Research Mentor award. His research is widely published. Dr Minocha is quite clear about the scope of his book as he states in his Preface: 'I am of the opinion that our gut plays a critical role in health and sickness. This is not a new concept. Hippocrates thought of the same thing thousands of years ago when he stated, "All diseases begin in the gut." Digestive and immune processes, including disordered gut structure and function as well as gut psychology, play a critical role not just in GI illnesses, but they have also been implicated in neurobehavioral disorders (autism, ADHD, OCD), chronic pain syndromes (fibromyalgia, chronic fatigue syndrome, restless leg syndrome, temporo-mandibular joint disorder [TMJD], migraine headache), autoimmune conditions (rheumatoid arthritis, ankylosing spondylitis), and skin disorders like allergies, skin eczema, acne, and psoriasis. The gut has a brain of its own, and the term "gut psychology" has been used to describe the role of the gut in anxiety and depression. Evidence indicates that the digestion connection to your overall health is real.' Based on the above Dr Minocha carefully describes exactly what 'leaky gut' means and then proceeds to explain the manifestations of this 'syndrome' (that is to say leaky gut is not a disease unto itself but a manifestation of many organ systems gone awry.

[Download to continue reading...](#)

IS IT LEAKY GUT OR LEAKY GUT SYNDROME: Clean Gut, Allergies, Fatty Liver, Autoimmune Diseases, Fibromyalgia, Multiple Sclerosis, Autism, Psoriasis, Diabetes, ... & More (Digestive Wellness Book 2) Fatty Liver :The Natural Fatty Liver Cure, Proven Strategies to Reverse, Cure and Prevent Fatty Liver Forever ! (Fatty Liver Cure,Fatty Liver diet,Fatty ... Cure, Detox, Fat Chance, Cleanse Diet,) The Fatty Liver and Weight Loss Solution, Proven Natural, Safe and Non-Toxic

Strategies to Reverse, Cure and Prevent Fatty Liver.-Fatty Liver Cure, Fatty ... Fatty Liver Disease, Fatty liver cure) Fatty Liver : The Fatty Liver Cure, The Ultimate Principles To Reverse A Fatty Liver And Lose Weight NOW ! (Fatty Liver Cleanse,Liver Cleanse, Liver Detox,Cleanse Diet,liver cleansing diet) Box Set #1: The Natural Fatty Liver Cure + The Fatty Liver and Weight Loss Solution (fatty liver, fatty liver cure,fatty liver diet, milk thistle, cirrhosis, fat chance, cleanse diet, detox diet) Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Gut: Goodbye - Leaky Gut! The Ultimate Solution For: Leaky Gut Syndrome. Digestion, Candida, IBS (Diverticulitis, Diverticulosis, Irritable Bowel Syndrome, ... Celiac Disease, Rheumatoid Arthritis) 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) Autoimmune Paleo Cookbook: Mouthwatering Recipes to Reverse Autoimmune Disease and Heal your Body (Paleo Cookbook, Autoimmune Solution, Autoimmune Protocol, ... Weight Loss, Autoimmune Paleo Cookbook) What is a Probiotic, Probiotics against Obesity, Colon Cancer, Inflammatory Bowel Disease, Heart Disease, Multiple Sclerosis, Weight Loss, Cholesterol, Diabetes and Autism. Digestive Wellness Diabetes: Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes, type 1 diabetes and gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is diabetes) The Leaky Gut Report: How to heal your gut naturally - The ultimate guide for fighting anxiety, autoimmune disease, heart palpitations, food allergies, fatigue and more Fatty Liver Cookbook & Diet Guide: 85 Most Powerful Recipes to Avert Fatty Liver & Lose Weight Fast Fatty Liver Diet: Eat to Treat Fatty Liver I Was Poisoned By My Body: The Odyssey of a Doctor Who Reversed Fibromyalgia, Leaky Gut Syndrome, and Multiple Chemical Sensitivity - Naturally! Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan,Diabetes ... Diabetes,Type 2 Diabetes Diet Book Book 1) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Diabetes: How To Reverse Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes, Diabetes free, Reversing Diabetes)

