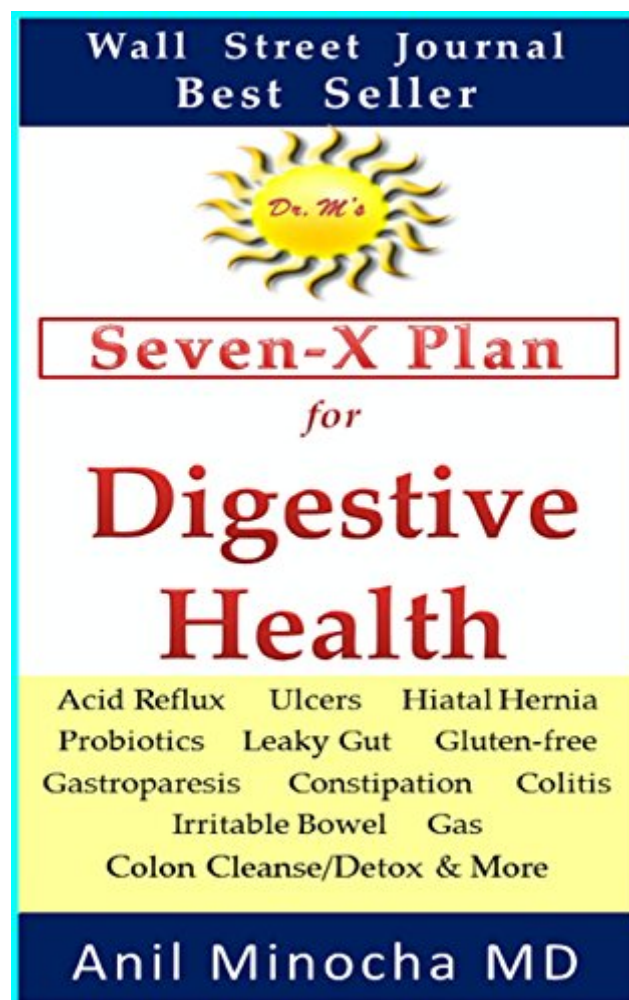


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# Dr. M's Seven-X Plan For Digestive Health: Acid Reflux, Ulcers, Hiatal Hernia, Probiotics, Leaky Gut, Gluten-free Gastroparesis, Constipation, Colitis, ... & More (Digestive Wellness Book 1)





## Synopsis

Wall Street Journal Best Seller! Do you want to be healthy and happy? "All illness begins in gut." Renowned gastroenterologist EMPOWERS YOU with his innovative 7-step plan to boost metabolism, lose weight, flush toxins, re-energize body, heal damaged skin, and overcome autoimmune dysfunction. 1. Gut is the largest immune organ, and if stretched has surface area of one football field! 2. With about 100 million nerve cells in the gut, it has little brain of its own (Enteric Nervous System). 3. Trillions of bacteria reside in the gut. Only a single microscopic cell lining separates your body from these bacteria. The bacteria are in cross-talk with our big brain all the time. These bacteria, good and bad, affect your health 24/7 via the Gut-Immune-Skin-Brain axis. 4. Not only are chronic digestive illnesses widespread, there continues to be a rise of autism and allergies in kids, as well as chronic pain like fibromyalgia, migraine, and interstitial cystitis in adults. Arthritis, acne, and psoriasis are widespread. All of these are associated with high-intensity GI problems. Gut bacteria train and educate our immune system in early years so the immune system can differentiate between friend or foe. "Well researched and informative" says one reviewer. The roots of your future health were laid while you were in the womb and during your early childhood. Genes are only a small part of it! If you are at a loss as to what is wrong and why you can't be healthy, think about your gut. a. What is leaky gut and how can you strengthen it? What kind of foods should you avoid? b. Which probiotic should you take? c. What is a good way to do a colon cleanse, flush, and detox? d. Is there a natural treatment for IBS and other disorders? Do you want to be healthy, fit, fabulous and happy? Dr. M's 7-step gut restoration plan EMPOWERS YOU to reboot the frozen internal circuits of your body's hard drive to bring about total health, vitality and happiness in a New Healthy You. Today is the first day of the rest of your life. Time to get healthy is now. If not now, when?

## Book Information

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## Customer Reviews

(Full disclosure: I received a free electronic copy of this book for review through Library Thing's Member Giveaway program.) As a longtime sufferer of IBS (or at least I think so; diagnosis is mostly by process of elimination), I eagerly snatched up a copy of Anil Minocha's DR. M's SEVEN-X PLAN FOR DIGESTIVE HEALTH when it was offered for review through Library Thing. Initially, I expected to jump straight to the chapter on IBS and skim through a few of the other sections at best. Instead, I found myself reading it nearly cover to cover (minus the chapters on problems and diseases not specific to me, of course). The book – which weighs in at an impressive 506 pages (estimated) and 56 chapters – begins with a lengthy discussion of the digestive system, as well as various factors that affect its performance: diet, stress, bacterial imbalance, inflammation, porousness (i.e., a "leaky" gut), etc., before even getting to various problems and disorders: belching, bloating and indigestion, morning sickness and nausea, intestinal gas, hemorrhoids and anal fissures, gastroparesis, ulcers, IBS, constipation, ulcerative colitis, and Crohn's disease. The result is a rather comprehensive introduction to the gut, and the many troubles that can plague it. The pros: While I'm not a doctor, nutritionist, or other expert and thus cannot comment on the veracity of the information in DR. M's SEVEN-X PLAN FOR DIGESTIVE HEALTH, many of Minocha's conclusions seem to be in line with what I've previously read about IBS. (The author is a practicing gastroenterologist, a nutritionist, and a self-proclaimed "physician scientist.") I thought I'd heard it all when it comes to IBS, but I came away from DR.

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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) 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) 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) 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) Gut: Goodbye - Leaky Gut! The Ultimate Solution For: Leaky Gut Syndrome. Digestion, Candida, IBS (Diverticulitis, Diverticulosis, Irritable Bowel Syndrome, ... Celiac Disease, Rheumatoid Arthritis) Constipation: How To Treat Constipation- How To Prevent Constipation- Along With Nutrition Diet And Exercise For Constipation Good Gut: The Next Thing You Should Do If You Want to Heal Your Gut and Improve Your Intestinal Health (good gut guide, gut health, good gut diet) Gluten Free: Gluten-Free Baking Cookbook: Delicious and Healthy, 100% Gluten-Free Cake & Bake Recipes You Will Love (Gluten Free Diet Cookbook, Gluten Intolerance Book 2) GLUTEN FREE COOKBOOK: Gluten Free Slow Cooker Recipes: 50 Gut Friendly Wheat Free Meals That Are Ready When You Are (Gluten Free Diet) (Health Wealth & Happiness Book 57) Heartburn - Fast Tract Digestion: LPR, Acid Reflux & GERD Diet Cure Without Drugs | Surprising Truth about the Cause of Acid Reflux Explained (Clinically Proven Solution) Gluten Free: Gluten Free Quick-start Guide To Living A Gluten-Free and Wheat-Free Diet (Over 100 Gluten-Free Recipes) Digestive Health Now: The Four Week Plan to Heal Heartburn, Ulcers, Colitis, IBS and More Gluten Free Recipes: 39 Gluten Free Recipes With Rice, Polenta, Beans And Quinoa Plus Delicious Vegetable Side Dishes To Complete Your Gluten Free Meal-Discover ... Gluten Free Recipes On a Budget Book 6) Nutrition: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut) Gluten Free: Vegan Cookbook: Nutritious and Delicious, 100% Vegan + Gluten Free Recipes to Improve Your Health, Lose Weight, and Feel Amazing (Gluten Free Diet Cookbook, Gluten Intolerance Book 3) 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) Doctor's Guide to Gastrointestinal Health Preventing and Treating Acid Reflux, Ulcers, Irritable Bowel Syndrome, Diverticulitis, Celiac Disease, ... Pancreatitis, Cirrhosis, Hernias and more by Miskovitz M.D., Paul, Betancourt, Marian [Wiley,2005] [Paperback] The Doctor's Guide to Gastrointestinal Health: Preventing and Treating Acid Reflux, Ulcers, Irritable Bowel Syndrome, Diverticulitis, Celiac Disease, Colon ... Pancreatitis, Cirrhosis, Hernias and more

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