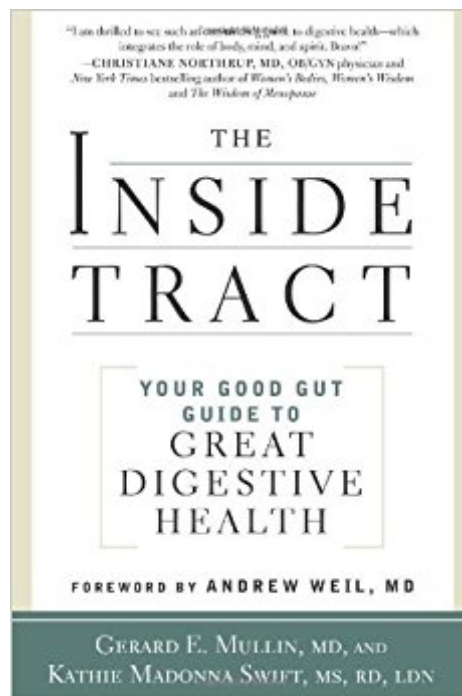




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# The Inside Tract: Your Good Gut Guide To Great Digestive Health



## Synopsis

More than 60 million Americans suffer from digestive disorders such as gastroesophageal reflux disease and irritable bowel syndrome. In *The Inside Tract* by Gerard E. Mullin, MD, a comprehensive plan for overcoming these common digestive ailments, you'll learn how a simple regimen of dietary changes, supplements, and a 7-step lifestyle modification program can help heal intestinal problems and get you on track to vibrant health!

## Book Information

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## Customer Reviews

“The Inside Tract, by the world’s leading digestive health experts, Gerry Mullin and Kathie Swift, takes the latest science of why your gut goes bad and how to fix it and provides a practical, step-by-step guide to ending suffering from reflux, irritable bowel syndrome, inflammatory bowel disease, and many other chronic health problems. This revolutionary book may be your ticket to health.”  
—Mark Hyman, MD, New York Times bestselling author of *The UltraMind Solution* and *UltraMetabolism*  
“The sooner you acquaint yourself with the information in this splendid book, the more likely you are to live a healthy, fulfilling life. *The Inside Tract* is a brilliant achievement. It takes away the mystery of GI function and provides sensible, scientific information that anyone can follow. In the highest sense, this is a book about healing.”  
—Larry Dossey, MD, author of *Reinventing Medicine* and *Healing Words*

Gerard E. Mullin, MD, is an associate professor of medicine and director of Integrative GI Nutrition Services at Johns Hopkins. He is internationally renowned for his work in integrative gastroenterology and nutrition. Kathie Madonna Swift, MS, RD, LDN, is an integrative and functional

medicine dietitian and culinary nutrition leader for the Food As Medicine training program. She practices in the Berkshires, MA.

My husband has Crohn's disease and I have read every book out there about digestion and nutrition. Even so, I have learned a great deal from Dr. Mullin. We are hopeful about trying his plan. Update: We went out to Johns Hopkins to see Dr. Mullin. My husband's Crohn's ended up being too severe to be helped with diet and supplements alone and so he just started Humira. Dr. Mullin and his assistant were very compassionate and worked hard to give us the best resources. We're now seeing a dietician who is affiliated with Kathie Swift. She practices functional medicine and feels confident he can eventually control his symptoms without medication. I feel like this book led us to the resources that will ultimately help my husband regain full health.

This book has been a great help with the menus and clear information about how to work with an elimination diet and reintroduce foods, as well as giving 3 different methods for dealing with digestive diseases and problems. It's been helping both me and my mother. Thanks.

This book is a very easy read and a good overview in lay-terms of how the digestive tract works. The authors' recommendations are based on 20 years of clinical experience and scientific background, making the book a great resource for anyone confused about just what constitutes healthy eating and why. For those with digestive problems, it does a truly excellent job of explaining how to heal the gut through diet and supplements, without being linked to any particular brand of supplement. I originally got the book for my I-pad and ended up ordering a print version from because, as a reference, I find it much easier in the printed than electronic format.

This book is a great help to those of us with GI dysfunction. Gerard Mullin knows what he is talking about and the recipes make it easy to make a change that will help your gut health. It explains the whys and why nots of certain foods and it certainly helped my GERD when I did tract 2 for 2 weeks.

The dangers of modern medicine are explained and details on how to correct your health through diet and lifestyle with the focus on your digestion as the first step. Don't let Doctors make you sicker - you have to do your own research and get second opinions before blindly following the path of drugs and surgery. And if you feel your Doctor doesn't listen to you, get a new Doctor. It is not "All in your Head", you know what your body is doing better than they do, keep looking and you will find

the cause of your symptoms.

Locked the book very much...lots of helpful information. I have many different dietary issues and so none of the diet recommendations fit perfectly. It would have been nice to have some suggested substitutions for the Track III smoothie. Great guide for those just getting started with treating gut issues. The author's estimation of the time required to get good digestive health restored seems pretty optimistic to me. Lots of recipes, which might be useful if there are not too many food sensitivities to be considered.

I am about half-way through the book, and already it has been fantastic at really breaking things down and explaining *\*exactly\** how your digestive tract works, from end to end, so that you can then understand what you are doing wrong, and what changes you can make (often simple) to have better digestive health, or even just to fine tune things so that you don't have awkward digestive situations. And that is coming from someone who already knew a fair amount about health and diet!

This book was recommended to me by a friend and I purchased immediately. It is an excellent book if one is looking to maintain good digestive health. It has a lot of information and explanations of the digestive tract written in a manner that the lay person can understand. The author has added recipes and foods that should or should not be eaten. This is definitely a book one would read slowly so as to digest all of the information afforded here. It is a book you will use for a long time to come.

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