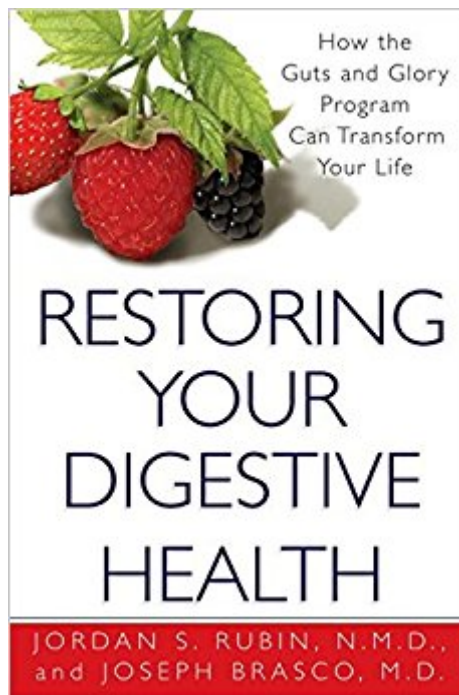




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Restoring Your Digestive Health:: How The Guts And Glory Program Can Transform Your Life



Synopsis

This title teaches readers how to love their guts and lose the medicine. It provides a revolutionary wellbeing programme for the millions of people seeking a simple, natural lifestyle change to help ease the pain of their debilitating digestive disorders.

Book Information

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Customer Reviews

Jordan S. Rubin is the founder and chairman of the Garden of Life wellness company. The author of numerous health books, including Patient Heal Thyself, Restoring Your Digestive Health, and the New York Times best seller The Makers Diet, he has been featured on Good Morning America, NBC Nightly News, Fox and Friends, Inside Edition, USA Today, and Newsweek. He lives in Palm Beach Gardens, Florida, with his wife, Nicki, and family. Brasco is on staff at a gastroenterology practice.

This along with the Makers Diet saved my life. Cured my diarrhea that I had for about 3 to 4 years. No doctor could help me, or the two I went to couldn't. They wanted to give me a very expensive pill that had very bad side effects and you had to take it for a long time. I refused and followed the advise of these two books. So glad I did.

Everyone should read this book before they take any pharmaceutical drugs. We would not be having a healthcare crisis in this country if this book was widely distributed. I was astounded at the

wisdom and fast acting natural solutions this book offers. The catch is that it is difficult to find health food like we used to have. Everything is packaged for convenience and laced with additives and salt and sugar. However, the effort that is needed to conform to healthy eating is far less disruptive to our lifestyle than multiple trips to the doctor and pharmaceutical drugs.

Only one of the doctors I consulted - a specialist in another field - came to close to figuring out my abdominal problems: antibiotics had killed too much of my good intestinal flora, which caused my insides to feel like they were coming apart. I dropped 35 pounds in less than two months because I couldn't eat anything and function normally or sleep well. This book was the beginning of my comeback. A great blend of information and explanation from a guy who has been there and the rare gastro-enterologist who was seeking real answers for his own patients instead of stacking the line of endoscopy-colonoscopy applicants and handing out proton pump inhibiting drugs. This book is a great place to start for anyone with abdominal or digestive problems.

A little background first I have Post Infectious IBS for 2 years now. It started after taking large amounts of antibiotics to heal from pneumonia. Feeling very bad as most IBS sufferers, I tried several diets, went to a lot of GI doctors and even tried acupuncture, reflexology, ... you name it. I took antidepressants for a while to help me with my mood since I felt so bad in times that I didn't even want to work or even get out of home. I lost 40 pounds so far. Since January 2005, I read these books (I put a personal rating to each one, related to how much it helped me with my IBS, in parenthesis from 1 to 5, being 5 the best score): Breaking the Vicious Cycle - Elaine Gotschall (3) Eating Right for a bad Gut - James Scala (2) Total health Program - Joseph Mercola (3) Metabolic Type Dieting - William Linz Wolcott, Trish Fahey (1) I recently read "Restoring Your Digestive Health" (5) To the point: Besides the fact that many, if not everyone, of the people who write this kind of books look for some sort of monetary earnings (and many do that just for the money), there always stays the fact about whether the material presented has a real value or not. In other words, do the programs and recommendations in this book really work? For me they did. In fact it is my personal opinion that this book encloses many of the concepts that I've been studying for the past year. It gives you a brief explanation about many of them. In that respect at least, I wished I had bought this book before the other ones, since in the end it is like a little reference of them. Bad luck. Of course I don't agree with many things, for instance the "structured water" supplement, since based on other sources I read, it is very controversial and in many aspects without scientific background, although the authors may recommend it based on their clinical experience rather than anything else. More

probably I think, they are trying to encourage people to buy their supplements (who can blame them). So back to the main point here, maybe the authors are willing that the readers go out and buy some of their supplements, but the issue here is whether the Guts and Glory program works. It will be fair to mention that the authors never tell you not to have any conventional drugs nor they force you to have any supplements. They even give you a "Low Budget" alternative where you'll never even buy a supplement, although they argue it will take you longer to heal. I think the authors are more objective than the more radical approaches of the other books I read. And of course, MOST importantly, I've been in the Guts and Glory program for 4 weeks and I feel BETTER than years!!!!. I know it's only my word, but I'm being honest here. I'm talking the Brasco Broth everyday, and I'm not even taking any extra supplement beside Chlorella, which I've been taking for 5 months now. If it's worth something, this is the only review I've written so far about any book that I read. This is because I'm encouraging you to at least give it a try. If you are an IBS slave like I've been the last years, it could help you a lot. So I don't care if the idea was to make me buy more supplements, in the end I'm not buying them anyway, but I DO feel better. I make my own goat yogurt (very cheap) and my own Sauerkraut (even cheaper). Maybe the only supplements I take, besides Chlorella, are the digestive enzymes, but I've been taking them for over a year now. Conclusion: Even if a partial intention of the book is to make you buy more supplements (which I think it is so) in the end I think that the program works simply because it is the only thing in years which has made me feel better. If anyone wishes to contact me (for legitimate reasons) you can freely do it at gaspar2428@yahoo.es

This was a great book for finding out everything not to do for gut disease and what drugs to never take. It also discussed what herbs and supplements were best. It was easy to read. I found it quite interesting and recommend it for anyone suffering from gut pain. However, healing my gut has been a long slow journey. It was only one of the books I used to help me in the process. Only by doing lots of research by studying information from several different authors was I successful in my quest, for that helped me put together a program that was right for me.

I have read articles from this author before and he has expanded himself and the restorative digestive process. There is a lot of information on restoring your digestive health with supplements, and recipes..., etc Jordan s rubin also provides contacts to work with which is great because your not alone if you need products or people who can simply give supportive information. If your someone who is working on re-building your digestive health and overall health I suggest this book. I give it 4 stars !

Excellent book. Very insightful and well written. Helped me get my daughter on the right track for a healthy life after being diagnosed with ulcerative colitis.

I have been reading a lot about the digestive system and how the gut works since I have had some problems with heartburn and acid reflux. This book has been the best so far in helping me understand how the system works from the time you take a bite of food and the journey it takes in your digestive system. The author, Jordan Rubin, almost died from his battle with Crohns disease. The book goes through how he tried many diets, doctors, and medications trying to heal himself. He explains a lot about different diets, foods, carbs, enzymes, and other aids that people use trying to help their guts. He explains how he healed himself. I feel that the book is a valuable tool and reference guide for a person in understanding the importance of having a good digestive system and how it affects the rest of your body. The book gives a lot of guidance in natural therapies for healing allergies, bloating, constipation, diarrhea, and on through the alphabet for many of the digestive issues that people have today.

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