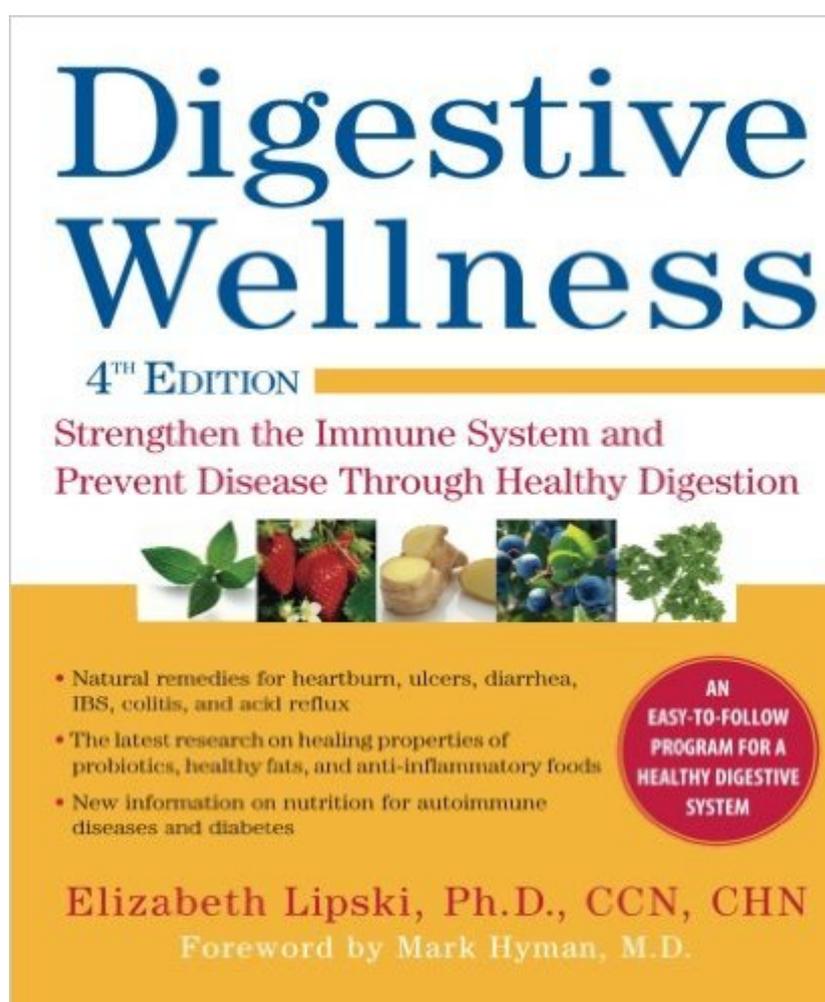


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# Digestive Wellness: Strengthen The Immune System And Prevent Disease Through Healthy Digestion, Fourth Edition



## Synopsis

The definitive guide to healthy digestion! Digestive Wellness explains how your digestive system works and what to do when it doesn't. You'll find practical solutions to all the common gastrointestinal disorders (and many other conditions) and expert guidance on the newest advances in testing and diagnosis, nutrition, and natural therapies. Plus, you'll learn how faulty digestion can affect the human body systemically, from migraines and skin issues to fibromyalgia and chronic fatigue syndrome. Dr. Lipski offers a practical toolkit to support each of us—clinicians and patients—to return to wellness by bringing our gastrointestinal system back into balance and harmony. I believe that you will deeply benefit from joining Dr. Lipski on this journey toward digestive wellness.

•Patrick Hanaway, M.D., Chief Medical Officer, Genova Diagnostics; President, American Board of Integrative Holistic Medicine

•For anyone who has an interest in truly understanding how the gut works or is just interested in finding ways to optimize quality of life during the aging process, Digestive Wellness, 4th Edition is a must read.

•Jeffrey Moss, D.D.S., CNS, DACBN, Moss Nutrition

•Liz Lipski explains digestion in a most appetizing and personal way. Even better than the last edition, Liz updates her understanding and ours. Everyone with a digestive tract has a need to know what Dr. Lipski synthesizes so well.

•Russell M. Jaffe, M.D., Ph.D., CCN, founder, ELISA/ACT Biotechnologies, LLC, and Perque, LLC

•Dr. Lipski has written an easy-to-read and highly informative book that will help the general population and practitioners alike understand what the problem is and how to treat it. It is a must-read for anyone who wants to learn more about the intimate relationship between our digestion and our health.

•Marcelle Pick, RNC, M.S.N., OB/GYN NP

## Book Information

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## Customer Reviews

This is a large book dedicated to an educated readership of people that have the background and inclination to analyze and resolve their own medical problems. The book begins by introducing the reader to the compliments in the digestive tract. It is an extraordinarily elaborate system, made up of large areas for absorption, a circulatory system to carry nutrients to the body and wastes back, and its own almost autonomous nervous system capable of functioning independent of the brain. A healthy digestive tract is fundamental to overall health. Moreover, seemingly unrelated problems elsewhere in the body – a fuzzy brain, migraine headaches, pains in the elbows and knees – can very often be traced back to problems in nutrition and digestion. The next part is dedicated to the DIGIN model she refers to throughout the remainder of the book in pointing out where problems originate. The acronym consists of the following: Digestion/absorption Intestinal permeability Gastric flora – the microorganisms Immune system/inflammation Nervous system Intestinal permeability is a fairly recent concept. The intestine walls are designed to allow nutrients, small molecules, to penetrate and enter the bloodstream, while restraining larger molecules within the gut. When the intestinal walls don't do this job, larger bacteria and other odd stuff goes floating through the body, causing problems that don't appear related to digestion. With this model in place, she proceeds to the theme of the book. Our bodies work when everything is in balance. We throw our bodies out of balance by taking in too much food, the wrong kinds of food and the wrong balance of foods.

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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)  
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