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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.

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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).

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