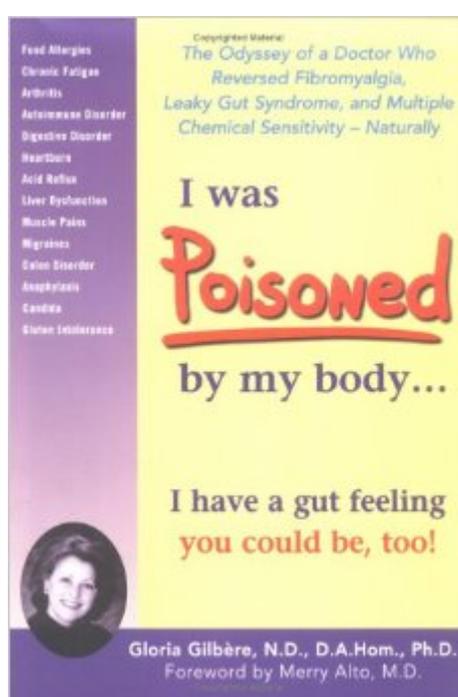


The book was found

I Was Poisoned By My Body: The Odyssey Of A Doctor Who Reversed Fibromyalgia, Leaky Gut Syndrome, And Multiple Chemical Sensitivity - Naturally!



Synopsis

Well-documented explanation of Leaky Gut Syndrome, symptoms and remedies.

Book Information

Paperback: 224 pages

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Best Sellers Rank: #145,007 in Books (See Top 100 in Books) #21 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome](#) #37 in [Books > Health, Fitness & Dieting > Nutrition > Food Allergies](#) #118 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal](#)

Customer Reviews

As an environmental health consultant, and as a long-term MCS patient myself (Multiple Chemical Sensitivities), I believe the adage, "a patient doesn't care how much you know, but rather how much you care." I perceive Dr. Gilbere's book to be a very caring, self-disclosing case history of a health-care professional who has been successful in her own healing odyssey and is now passionate about sharing her considerable insights and strategies with her readers. I found her writing style to be clear, communicative and inviting. I especially liked her use of the "FLASHBACK" technique, which personalized her journey along the road to improved health. Her Product Resource List, Bibliography and Resources for Testing alone, would be more than worth the price of this text. As someone with MCS, I very much appreciated her "How I Get Out of An Allergic Reaction" gameplan. It is a handy and efficacious "first aid" map for the environmentally injured who often can't think clearly and rationally for the duration of a reaction. My one criticism of this book is that it could benefit from some editing (spelling, grammar, syntax). But nowhere did I find that these "typos" impacted negatively on the ability of Dr. Gilbere to state her case. Health-care choices are very subjective. To those who feel safe only in the hands of mainstream, traditional medicine, this book may appear radical. But for those of us who want to take responsibility for our wellness and for those of us who are intolerant of most prescription medications, this book offers something

priceless: a proven course of therapy and HOPE.

As a sufferer from Multiple Chemical Sensitivity for 11 years, I found this book to be extremely enlightening on the subject of healing from this condition based on correcting the colon disorder that is underlying it. This book does not just help the reader learn how to treat symptoms, but instead shows how to correct the REAL problem so that true healing can then take place - I believe if we give our bodies half a chance, they will recover, as shown by this book. The book is very easy to understand, which is great for people like me with chemically-induced "brain fog"! I highly recommend this book to anyone suffering from MCS, CFS, fibromyalgia, irritable bowel syndrome, or any of the autoimmune disorders!

Shame on the medical profession for omitting this most valuable diagnostic and treatment information from the training of doctors. Again, it comes down to the fact that no pharmaceutical company or patent holder stands to become rich from such simple health care. Instead, millions of people grope desperately as their lives dissolve around them, all because no one has understood the effective diagnosis and treatment as outlined in this book. I spent 25 years trying to find these answers - and when I did - reading this book gave me the personal and medical ammunition to turn my health around immediately. Although it will be several months before I completely recover - (whats a couple of months after 25 years!) - I feel better after less than a few weeks. I read the book at one sitting. The next morning my husband read it in one sitting and immediately had the vocabulary and understanding to explain to weary and unsupportive relatives that I was not a hypochondriac. That was worth the price of the book alone. Although I have a Doctor who will oversee the treatment for me - I have insisted on using Dr. Gilbere's plan. She has tested and found the best products - I don't have to be my own Dr. anymore - finally - someone who knows more than I do. I look forward to the sequel. which is due shortly.

I have had MCS, fibromyalgia, leaky gut for over twenty years. I have read a plethora of books and have been to the most notable in this field without relief. After reading this book and following Dr. Gloria Gilbere's program I am, for the first time in years, experiencing less symptoms, and am feeling healthier than I thought possible. Dr Gilbere works closely with me, has the patience of a saint, considering how complicated and overwhelming this illness can be, and I get a sense that she not only cares about me but have found her to go above and beyond the call of duty. This book will change your life but one needs to work hard by sticking diligently with teh program. It then will

transform your life. good luck and happy reading. Jennifer Millett New York

I have been searching for the answers to my many symptoms for years. My "conventional" doctors kept making me worse. This book really helped educate me so I didn't feel so helpless. Gloria Gilbere stresses that you must start at the beginning and cleanse your body as you repair it. I am having constant improvement as time goes by following the program that Gloria Gilbere suggests. The book also tells you what questions to ask your doctor (primary care physician) and what tests would be helpful to keep track of your progress. The information she gives is worth it's weight in gold.

Being a Colon Therapist and Holistic Practitioner, this book is in our reception room. Clients come in and start reading this book and don't want to put it down. My clients, as well as I relate to what Dr. Gilbere has so astutely put into words. This is informational and practical. Fortunately Dr. Gilbere has listed not only many problems, but also a number of solutions to environmental and food caused illnesses that a lot of us can identify with.

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I Was Poisoned By My Body: The Odyssey of a Doctor Who Reversed Fibromyalgia, Leaky Gut Syndrome, and Multiple Chemical Sensitivity - Naturally! 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) 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) 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) The Leaky Gut Report: How to heal your gut naturally - The ultimate guide for fighting anxiety, autoimmune disease, heart palpitations, food allergies, fatigue and more Self-help Treatment for Chronic Fatigue Syndrome, M.E, Fibromyalgia and Adrenal Fatigue: The Sensitive's Solution: FREE Support Group (Chronic Fatigue Syndrome, M.E, Fibromyalgia, Chronic Fatigue) Nutrition: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut) Healing Severe Chemical and EMF Sensitivity: Our Breakthrough Cure for Multiple Chemical Sensitivities (MCS) and Electro-hypersensitivity (EHS) Healthy Gut: How to

Restore Gut Balance, Boost Metabolism, and Heal Your Gut Impaired Sensitivity to Thyroid Hormone (Thyroid Hormone Resistance): A Cause of Fibromyalgia, Chronic Fatigue, ME, Coeliac Disease, MS, Heart Disease, Depression and Many Other Conditions Summary Eat Dirt: by Dr. Josh Axe: Why Leaky Gut May Be the Root Cause of Your Health Problems and 5 Surprising Steps to Cure It Chemical Sensitivity, Vol. 2: Sources of Total Body Load 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) Irritable Bowel Syndrome & the Mind-Body Brain-Gut Connection: 8 Steps for Living a Healthy Life with a Functiona (Mind-Body Connection) Gut: The Key to Ultimate Health - SIBO, IBS & Fatigue (GAPS, Candida, Chronic Fatigue, Fibromyalgia, Adrenal Fatigue, SIBO, Parasites) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) Amputated Lives: Coping with Chemical Sensitivity Transnationalism Reversed: Women Organizing against Gendered Violence in Bangladesh (SUNY Series, Praxis: Theory in Action)

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