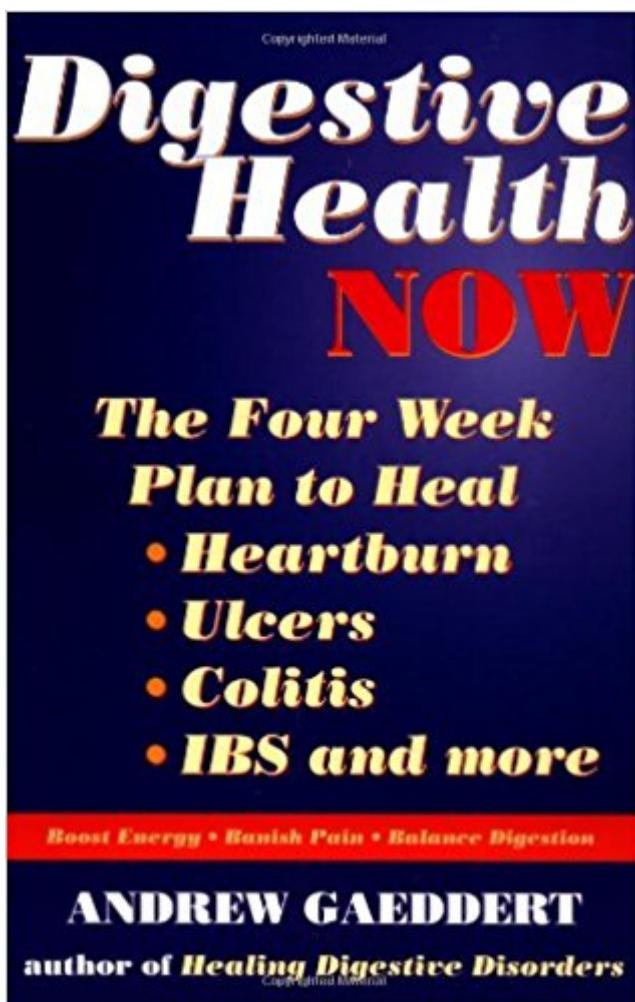


The book was found

Digestive Health Now: The Four Week Plan To Heal Heartburn, Ulcers, Colitis, IBS And More



Synopsis

Drawing on his extensive clinical experience, Andrew Gaeddert helps the reader make sense of natural healing techniques based on Chinese medicine, rotation diets, and anti-candida strategies. Case studies illustrate how the author's clients were able to reduce or eliminate their digestive problems, enjoy greater energy, and reduce discomfort. Gaeddert explores food sensitivities, developing tolerance for certain foods, and preventing food reactions. Useful appendices address obstacles to health, reducing fat intake, digestive-friendly grains, and food families. For the one out of three Americans who will have a digestive disorder in their lifetime, this is an accessible, step-by-step guide for dealing with digestive disorders.

Book Information

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Customer Reviews

Andrew Gaeddert suffered from Crohn's disease and IBS. His search for therapies to treat his own symptoms led to the discovery of techniques which have made it possible for him to help thousands of other people. Mr. Gaeddert has studied nutrition, herbology, and Chinese medicine with masters from the U.S. and China. He has been on the protocol team of several scientific studies sponsored by the NIH Office of Alternative Medicine and the University of California. He is the author of Chinese Herbs in the Western Clinic.

This was full of good information but I was disappointed it didn't cover GERD in more detail and explain more about how to treat it at home WITHOUT antacid medications. I was so hoping I would

find out more about this topic having dealt with GERD for the past 5 years.

I ou have a digestive problem or want to be healthy this book gives you usefull information

An awful lot of advice....but nothing exacting. Don't think you are going to read this and be able to cure yourself. A lot of medical info is wishy-washy and often contradicted from one chapter to the next. With the level of chinese medicine he is recommending...you still need a professional.

I wrote Healing Digestive Disorders to give hope to millions of digestive patients who are frustrated with their health. Healing Digestive Disorders has hundreds of effective treatments using Chinese and western herbs, supplements, diet and lifestyle tips, and an overview of western medicine. I suffered from both Crohn's disease and IBS. My search for therapies to help my own systems have made it possible for me to help thousands of people.

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Digestion) HEAL YOUR ULCERS: Gastric Ulcers, Stress Ulcer, Ulcer Pain, Ulcers Relief, Food for Ulcers (Including Ulcerative Colitis) 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) The Complete Guide to Digestive Health: Plain Answers About IBS, Constipation, Diarrhea, Heartburn, Ulcers and More Irritable Bowel Syndrome: The Ultimate Guide to Eliminating IBS and Living a Healthier Life (The Ultimate IBS Diet Guide, Managing IBS for Real People, Take Control of IBS, Eating for IBS) Gastrointestinal Health Third Edition: The Proven

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Constipation, ... & More (Digestive Wellness) (Volume 1) The Ultimate Guide to Crohn's Disease

and Ulcerative Colitis: How To Cure Crohn's Disease and Colitis Through Diet and Exercise (Health, IBD, Irritable Bowel Syndrome, Colitis, Crohn's Disease) The Ulcerative Colitis Cookbook - The

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