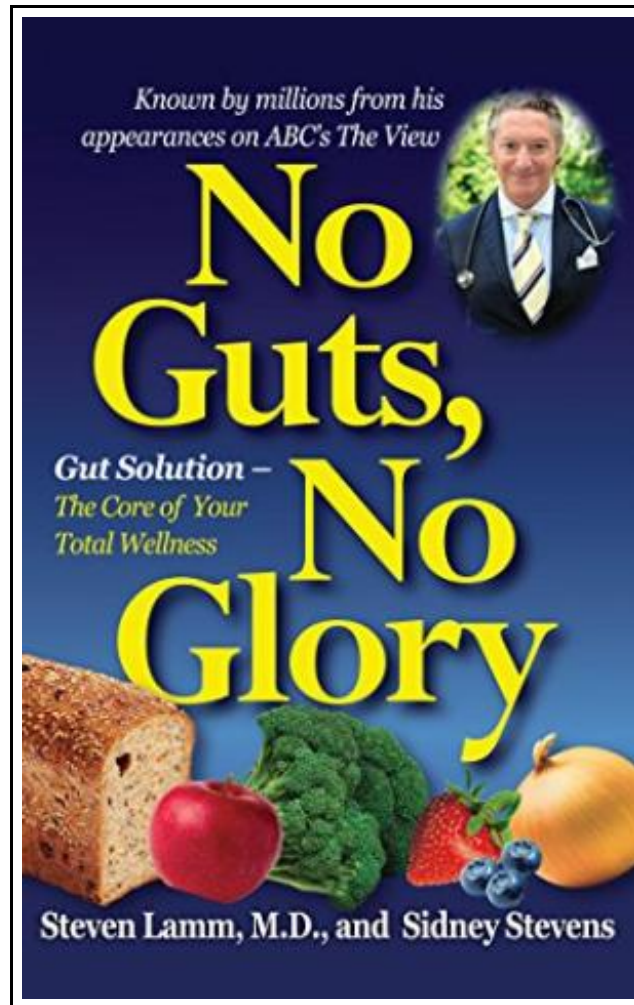


No Guts, No Glory: Gut Solution - The Core of Your Total Wellness Plan



Filesize: 5.46 MB

Reviews

Basically no words to clarify. Of course, it is perform, still an amazing and interesting literature. Its been printed in an exceptionally basic way which is only soon after i finished reading through this ebook where actually altered me, change the way i really believe.

(Newton Runolfsson)

NO GUTS, NO GLORY: GUT SOLUTION - THE CORE OF YOUR TOTAL WELLNESS PLAN

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Basic Health Publications. Paperback. Book Condition: New. Paperback. 168 pages. Dimensions: 8.9in. x 5.7in. x 0.4in. Searching for true wellness Start with the gut. Surprisingly, our gut is the source of many seemingly unrelated physical and mental disorders that afflict millions of Americans, such as kidney stones, asthma, ruptured abdominal aortas, and even cancer or heart attack. This is above and beyond the 90 million people who have gastrointestinal problems each year. When it comes to the gut, most people assume that everything is fine until something hurts. But by then the trouble has been brewing a long time. To be really health savvy, it is important to understand the role the gut plays in health which goes far beyond digestion and then begin taking care of it. Internist Steven Lamm, M. D. , a long-time advocate of moving from intervention to prevention, proposes a three-step plan he calls The Gut Solution that works in tandem with every other part of the body. The first step is the Gut-Smart Eating Plan that focuses on natural foods like raw vegetables and whole grains, which contain live digestive enzymes that maximize absorption of nutrients and aid regularity. The second step is detoxification, which is sorely needed to cleanse the injurious effects of living in a highly polluted environment. Dr. Lamm shows readers how to purge the gut of toxins by drinking more water, cutting stress, exercising more, sleeping better, taking special supplements, and eliminating addictive substances. The third step is restoring the gut to full function by repopulating it with enzymes needed as the aging process decreases our finite stores, and with probiotics and prebiotics that supply essential bacteria. A gut-check questionnaire helps identify problem areas so the reader can customize each step of the plan to his or her specific needs. No...



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Barron's Educational Series. Paperback. Book Condition: New. Paperback. 24 pages. Dimensions: 8.9in. x 5.7in. x 0.3in.This is volume six, Reading Level 1, in a comprehensive program (Levels 1 and 2)for beginning readers. Two nine-book sets...

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DK CHILDREN. Paperback. Book Condition: New. Paperback. 48 pages. Dimensions: 8.9in. x 5.9in. x 0.1in.Are aliens from other planets visiting Earth Read these amazing stories of alien encounters -- and make up your own mind!...

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DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.9in. x 5.8in. x 0.1in.This Level 2 book is appropriate for children who are beginning to read alone. When Jack and Luke take an injured...

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DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.9in. x 5.9in. x 0.2in.This Level 1 book is appropriate for children who are just beginning to read. Six ducklings follow mother duck everywhere. One...

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