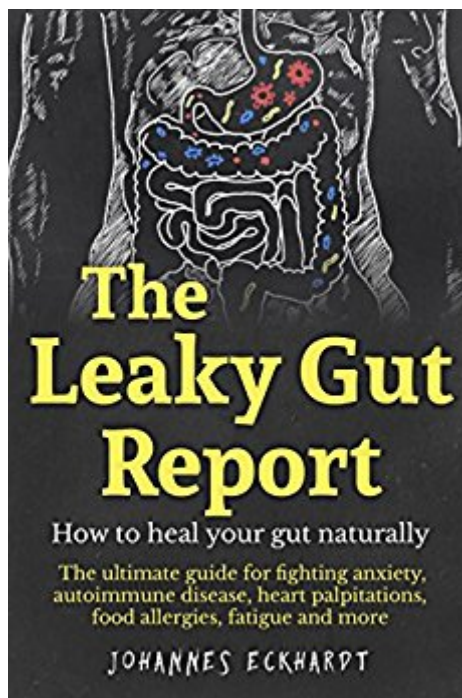


The book was found

# **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**



## Synopsis

“All disease begins in the Gut” wrote Hippocrates, the Father of Medicine, in approximately 400BC. Today, in this very moment, in every corner of the globe, there are thousands of people suffering from diseases that are likely to be caused by some sort of gastrointestinal problem. Many diseases can lead back to a condition called increased intestinal permeability or “Leaky Gut”. Leaky gut is linked to many autoimmune diseases, such as lupus, rheumatoid arthritis, multiple sclerosis, thyroiditis and chronic fatigue syndrome amongst others. However, you don’t necessarily need to have an autoimmune condition if you have leaky gut. You may experience issues such as heart palpitations, headache, brain fog, vision impairments, anxiety, depression, skin conditions, constipation, diarrhea, gas or bloating, skipped heart beats or ectopic beats. The list of symptoms is endless and that is what makes it so hard to diagnose. Some sufferers of leaky gut may eventually find the root cause of their problems and have a chance of healing. Most of them however, will continue to have one doctor’s appointment after the other, and simply treat only the symptoms of this very under-diagnosed condition. They may dream of the magical day that all of their symptoms will vanish, but awaken in shock to find themselves standing in the same spot, often years later, with no real improvement. This easy-to-read book will help you to fight Leaky Gut. It will arm you with all of the information that you need to rid yourself of leaky gut and the ongoing suffering it may cause. The author, Johannes Eckhardt, was a leaky gut sufferer himself and managed to heal his gut after one and a half years of pain and distress. Johannes vowed that if he were able to one day heal himself, he would publish a book for other leaky gut sufferers to assist in their journey of overcoming this terribly under-diagnosed disease. The Leaky Gut Report will leave you with actionable content that you can instantly apply to your life and health.

## Book Information

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## Customer Reviews

Great book written by Johannes Eckhardt!!!!This is a science information based book which help to make many autoimmune diseases,such as lupus, rheumatoid arthritis,multiple sclerosis,thyroiditis and chronic fatigue syndrome amongst others.In this book have an autoimmune condition if you have leaky gut.I read this book and bought that really satisfied me but also help to experience issues such as heart palpitations, headache, brain fog, vision impairments, anxiety, depression, skin conditions, constipation, diarrhea, gas or bloating, skipped heart beats or ectopic beats.So this book should read everyone.

A friend of mine recommended this book a while ago. I was skeptical at first as neither myself or anyone in my family has been diagnosed with a leaky gut. It turned out to be great surprise, the writing is clear and the author makes it relatively easy to understand medical concepts the layperson is often unfamiliar with. It not only delivers straightforward how-tos to prevent and cure a leaky gut but also insightful tips on how one can live a healthier life. Definitely a great read that I would recommend to anyone interested in understanding more about our digestive system.

Excellent advice in this book.Easy to read, easy to follow, easy to make new habits. It is a self help book that works.I was surprised how easy it was to develop new habits from just following this book. It is the best time management tool I have ever used. I love the way it is written, it has given me an extra hour per day doing the things that I want to do and yet achieving all of the things I needed to undertake.

I enjoyed reading this. Written from a laymen's point of view, the author shares what he has learned in his own journey to heal leaky gut. Very informative!

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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 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) Autoimmune Paleo Cookbook: Mouthwatering Recipes to Reverse Autoimmune Disease and Heal your Body (Paleo Cookbook, Autoimmune Solution, Autoimmune Protocol, ... Weight Loss, Autoimmune Paleo Cookbook) Gut: Goodbye - Leaky Gut! The Ultimate Solution For: Leaky Gut Syndrome. Digestion, Candida, IBS (Diverticulitis, Diverticulosis, Irritable Bowel Syndrome, ... Celiac Disease, Rheumatoid Arthritis) Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice 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) Anti Inflammatory Diet: Autoimmune Dinner Recipes: 30+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Disease, Anti-Inflammatory Diet, Cookbook) Gut: The Key to Ultimate Health - SIBO, IBS & Fatigue (GAPS, Candida, Chronic Fatigue, Fibromyalgia, Adrenal Fatigue, SIBO, Parasites) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet) 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) Adrenal Fatigue: Goodbye - Adrenal Fatigue! The Ultimate Solution For - Adrenal Fatigue & Adrenal Burnout: Adrenal Diet - Hormone Reset - Balance Hormones ... Reset, Addison's Disease, Low Libido) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome With The Adrenal Reset Diet. How To Reduce Stress, Anxiety And Boost Energy Levels And Overcome Adrenal ... Books, Adrenal Fatigue Diet, Adrenal Reset) Performance Anxiety Cure: How To Overcome Performance Anxiety And Stage Fright In All Aspects Of Life Forever (anxiety recovery, panic attacks, anxiety management, anxiety attacks) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Adrenal Fatigue: What Is Adrenal Fatigue And How To Reset Your Diet And Your Life (Adrenal Fatigue, Reduce Stress, Boost Energy,Diet) Healthy Gut: How to Restore Gut Balance, Boost Metabolism, and Heal

Your Gut Nutrition: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance

(Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut)

Cancer Fighting Kitchen: Essential Cancer Fighting Foods to Heal Cancer and Cancer Fighting

Recipes I Was Poisoned By My Body: The Odyssey of a Doctor Who Reversed Fibromyalgia, Leaky Gut Syndrome, and Multiple Chemical Sensitivity - Naturally!

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