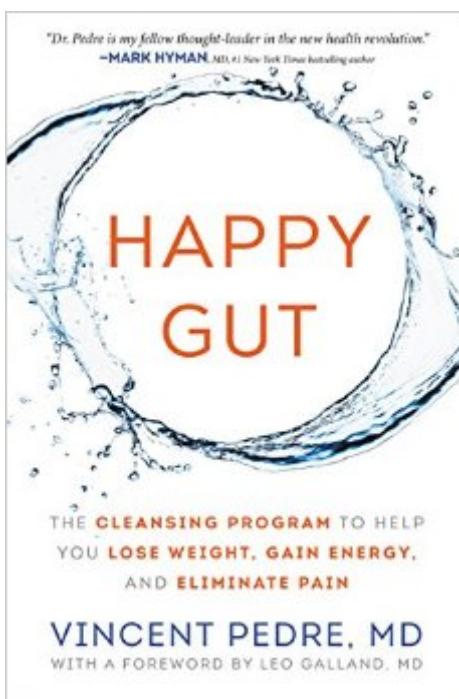


The book was found

Happy Gut: The Cleansing Program To Help You Lose Weight, Gain Energy, And Eliminate Pain



Synopsis

Following the success of the bestselling Clean Gut and Wheat Belly comes this essential guide to improving digestive health from an expert in functional medicineâ "who reveals why everything that ails us, from fatigue to weight gain to bloating and bad skin, can be traced back to the gut, and shares his cleansing plan to help us reclaim our health.Dr. Vincent Pedre understands gut problems firsthand. He suffered from IBS for years before becoming an expert in functional medicine and learning how to heal his body from the inside. Dr. Pedre used his own experience to develop The Gut C.A.R.E. Programâ "an approach that draws from both Western and Eastern methodologies, combining integrative and functional medicineâ "that has a proven success record in his private practice in New York. Now, for the first time, Dr. Pedre makes his revolutionary plan for health and wellness available to everyone.Happy Gut takes readers step-by-step through Gut C.A.R.E.â "Cleanse, Activate, Restore, and Enhanceâ "which eliminates food triggers, clears the gut of unfriendly pathogens, and replaces them with healthy probiotics and nutrients that repair and heal the gut. Rather than masking symptoms with medication, he shows us how to address the problem at its core to restore the gastrointestinal system to its proper functioning state. By fixing problems in the gut, followers of Dr. Pedreâ "TM's program have found that their other health woes are also cured and have lost weight, gained energy, and improved seemingly unrelated issues, such as seasonal allergies, in addition to eliminating their chronic muscle and abdominal pain.Complete with recipes and meal plans including gluten-free, low-fat, and vegetarian options, a 28-day gut cleanse, yoga postures to help digestion, and testimonials from many of his patients, Happy Gut will help you feel better and eliminate gut issues for life.

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Customer Reviews

Dr. David Perlmutter talks with Dr. Vincent Pedre Dr. David Perlmutter is the New York Times number-one-bestselling author of *Grain Brain* and *Brain Maker*. Dr. David Perlmutter (DP): What inspired you to write *Happy Gut*? Dr. Vincent Pedre (VP): Growing up I had a weak stomach and was more susceptible to respiratory infections, contracting bronchitis or sinusitis at least three to four times a year. Without being aware, I was eating foods that I was sensitive to, which wore out my immune system, leaving me susceptible to infections. Over the years, I improved my health through diet. However, it wasn't until I studied Functional Medicine that I realized what an important and central role the gut plays in overall health. When I incorporated Functional Medicine into my practice, my success with patients' digestive disorders exploded. Their guts got better, and so did secondary conditions related to their gut disharmony—like fatigue, weight gain, allergies, asthma, mental fog, and migraines. It made sense that what I once considered a crux—“growing up with a sensitive digestive system” was actually the gift that led me to help others heal their gut issues. DP: How is *Happy Gut* different from other books on gut health? VP: *Happy Gut* offers a whole foods-based cleanse, guided by my Gut C.A.R.E. Program, to rebalance a disordered digestive system—the gateway to total wellness. But it's not just about changing what you eat. It's about changing the way you live—incorporating daily gratitude, slowing down to appreciate and chew your food, and making time for movement and meditation. It also brings attention to the importance of drinking clean water, cooking on non-toxic surfaces, and using green utensils. Total-body wellness is achieved through this 360-degree approach to our well-being. DP: Why is the Functional Medicine approach most successful, especially regarding digestive issues? VP: The problem with the Western model, when it comes to digestive issues, is that it is symptom-centered. But symptoms are often misleading. Functional Medicine is the opposite—“all-encompassing. It looks at the body as a system, much like a conductor views his orchestra. If the violins are on the wrong key, and the drums off beat, then the orchestra as a whole does not produce harmony. If systems in the body are out of tune, then the body as a whole will not function optimally. By understanding and identifying multiple imbalances happening simultaneously and providing the treatments that will help the digestive system reboot itself, Functional Medicine allows a patient's body to reach a state of harmony. DP: What can readers expect to learn from *Happy Gut*? VP: Readers will learn why the gut is so central to our well-being. Gut health is connected to weight gain—eliminating food sensitivities on the

Happy Gut Diet results in markedly reduced bloating and increased weight loss. Through my Gut C.A.R.E. Program, readers will make a four-week commitment to wellness and be guided through a twenty-eightÃ¢Â“day cleanse. Recipes that appeal to all types of dietary preferences and meal plans are provided, in addition to yoga poses for gut health, meditation instruction, and breathing exercises. For those who need to look deeper, an entire chapter is devoted to uncovering the root causes of common and not-so-common gut ailments, providing suggested tests and treatment strategies. Happy Gut is a roadmap leading readers to total body wellness, providing tools to get back on course when your gut health gets off track.

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Happy Gut: The Cleansing Program to Help You Lose Weight, Gain Energy, and Eliminate Pain
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) 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) Gut Health: The Beginner's Guide to Cleansing the Gut for Weight Loss, More Energy and Overall Health Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Nutrition: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Green Smoothies for Weight Loss: Inexpensive, Simple Green Smoothies Recipes for Weight Loss That Gain Energy, Lose Weight and Make You a Healthier Person The Gut Healing Protocol: Reset Your Gut, Reduce Inflammation, Gain Energy and Feel Happier (Eat Your Way Lean and Healthy) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Joint Pain No More: How to Effectively Eliminate Pain and ease your Aches! (Pain Management, Muscle Pain, sports injury) Healthy Gut: How to Restore Gut Balance, Boost Metabolism, and Heal Your Gut Gut: Goodbye - Leaky Gut! The Ultimate Solution For: Leaky Gut Syndrome. Digestion, Candida, IBS (Diverticulitis, Diverticulosis, Irritable Bowel Syndrome, ... Celiac Disease, Rheumatoid Arthritis) 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) Weight Watchers: Fast Start For Beginners. Friendly Guide That Will Help You To Lose First 20 Lbs In 20 Days: (Weight Watchers, Weight Watchers Simple ... loss tips, weight watchers for beginners) How To Lose Weight Without Diet and Exercise: How To Lose Weight Without Moving: Rapid Weight Loss: The Lazy Person's Guide For Weight Loss Red Smoothie Detox Factor: 35 Nourishing Red Smoothie Detox Recipes To Clean Your Gut, Help You Lose Weight And Feel Amazing In Under 30 Days! Simple Green Smoothies: 100+ Tasty Recipes to Lose Weight, Gain Energy, and Feel Great in Your Body The 3:16 JumpStart Diet: The Ultimate Eating Guide for Thyroid Patients to Eliminate Symptoms, Lose Weight, Regain Energy and Make Life Worth Living Again

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