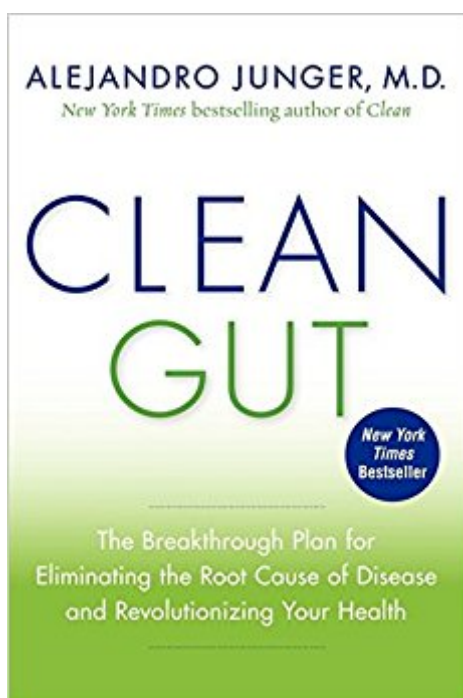


The book was found

Clean Gut: The Breakthrough Plan For Eliminating The Root Cause Of Disease And Revolutionizing Your Health



Synopsis

In *Clean Gut*, Alejandro Junger, M.D., New York Times bestselling author of *Clean* and creator of the world-famous Clean Program, delivers a complete toolkit for reversing disease and sustaining life-long health. All of today's most-diagnosed ailments can be traced back to an injured and irritated gut. The gut is an intricate and powerful system, naturally designed to protect and heal the body every moment of every day. And yet for far too many of us, this remarkable system is in disrepair, which leads to all kinds of health problems—from extra pounds, aches and pains, allergies, mood swings, and lack of libido, to heart disease, cancer, autoimmune disorders, insomnia, and depression. But we no longer have to be sick to get healthy. In this groundbreaking program, Alejandro Junger, M.D. explains how instead of treating the symptoms as they arise, we can preemptively attack disease before it takes root in the gut. No matter your current state of health, you will benefit from this program: *Clean Gut* will help you put an end to everyday ailments, reverse chronic disease, and achieve true, long-lasting health.

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Customer Reviews

“My go-to doctor, Alejandro Junger understands health-literally from the inside out! *Clean Gut* is revelatory and rejuvenating.” (Gwyneth Paltrow)
“Dr. Junger blesses us with his knowledge about our bodies and the root cause of disease. A powerful book and a must-read for anyone who wants to truly understand our elaborate makeup.” (Stacy Keibler)
“*Clean Gut* is amazing. This comprehensive program fits perfectly with holistic, empirical and time-tested

nutritional and spiritual methods for bringing the micro-biome, our internal micro-community, back onto our side to sustain a blissful life. (Robert Thurman, Jey Tsong Khapa Professor of Buddhist studies, Columbia University, Co-Founder, Tibet House) “Compliments on your glowing skin and svelte figure are just frosting on the cake; your body’s natural healing abilities will be restored, insulin levels regulated, and your liver detoxified.”

(Vogue.com) “Clean Gut is absolutely fantastic! A perfect companion to Clean, it is a meaningful guide to a sustainable and durable lifestyle of health and happiness. Bravo.”

(Jeremy London, M.D., General Vascular, Thoracic, and Cardiovascular Surgeon, at Savannah Vascular and Cardiac Institute) “Dr. Junger is spot on with Clean Gut! The first step in healing yourself is healing your gut. If you or someone you know wants to achieve optimal health - this book is a must read.” (Amy Myers, M.D., Founder & Medical Director of Austin UltraHealth) “Dr. Junger shows us the power we have on a day-to-day basis to strive to be the healthiest, most beautiful beings possible.” (Donna Karan)

The gut is an intricate and powerful system naturally designed to protect and heal the body every moment of every day. And yet for far too many of us this remarkable system is in disrepair, which leads to all kinds of health problems, from extra weight, chronic pain, and allergies to heart disease, inflammation, autoimmune disorders, and depression. In Clean Gut, Dr. Alejandro Junger explains how instead of treating symptoms as they arise, we can preemptively attack disease before it takes root in the gut. No matter your current state of wellness, the Clean Gut program will put an end to everyday ailments, reverse chronic disease, and help you achieve true, long-lasting health.

To give a background on my opinion, I have two degrees in Biology, and a lot of experience reading and studying about health and nutrition, because I spent a lot of time healing myself with the help of many holistic practitioners. I care about my health, but like most people, I have habits that aren't that great, plus I had lifelong health challenges that handicapped me a bit in reaching my health goals. Yet I have enjoyed learning and applying a variety of methods and programs that have been a huge help to me. My husband and I went on the Paleo lifestyle two years ago, and we had great results. But I knew I needed more help to go to the next level. When I saw this book, I knew it was the next step for us. Dr. Junger writes compellingly about the relationship between gut health and all kinds of physical issues, but even more intriguing, he presents good evidence that strain on the gut can be a major contributor to depression and lack of intuitive guidance, because when the gut is stressed, it goes into survival mode instead of performing the nice functions that can make life happier or easier

for you. My husband and I went on the 21-day cleanse. This is likely not going to be something for sissies. If you have a bad physical issue you are really wanting to fix or you are a highly motivated person seeking to take their health to the next level, this could do it for you. But let me warn you, it is tough. You are asked to give up a bunch of foods, take a bunch of supplements and then slowly reintroduce and test each one after 21 days. The results, if you make it that far, will surprise you. I can't guarantee results are the same for everyone. I am sure they are not. But we lost 5-7 pounds without trying, and we aren't that overweight. We were exhausted the first few days, had cravings during the first couple weeks, and made it through the 21 days finally. Besides losing weight easily, we found our fingernails were stronger and faster growing than ever before. I discovered secondarily (after researching on Google and following an intuitive hit of my husband's) that my stomach pain was lifelong gastritis, and that avoiding the enzymes avoided pain, but embracing them on a careful plan scrubbed my stomach clean and I no longer have the stomach aches that have plagued me for my whole life of 62 years. At least, I haven't had one in a week, and that's a long time for me to go without one. Even just fixing that was worth it to me. Plus, we came out of the program not wanting to 'bad' foods we had been ingesting. We quit drinking wine and eating potato chips. We aren't buying chocolate and candies, though we never ate a lot of them. We just aren't drawn to them anymore. I never dreamed we would find it that easy. I think you need to be pretty motivated to complete this program, but if you do, it can change your life. We will be doing it once a year from now on, as I know it is a good thing to do regularly. If you want to improve your health, improve your digestion. This is a great way to do it.

Have been into health and wellness study since age 30 (I'm now 49), mostly due to depression, managed with Prozac and contrary to my healthy weight and cholesterol levels, I was vulnerable to viruses, had shingles, food poisoning, etc. with no good reason. I had lifelong symptoms of irritable bowel syndrome but just chalked it up to being a woman. Dr. after Dr. shrugged and said blood work revealed nothing. I always looked young for my age and every time I complained of extreme exhaustion, another round of tests revealed "nothing". I think doctors just saw the depression history and decided I was neurotic! I saw Dr. Junger on Dr. Oz and everything he said made scientific sense. I read the book and to sound like a ridiculous cliché, it changed my life. I am slender and it never once made me feel light-headed or dizzy like other "detoxes". I have felt so incredible that I am already on a lower dose of Prozac with the goal of getting off of it. My psychiatrist is blown away. My energy level is through the roof. My perimenopausal hormones caused recent anxiety and even panic attacks. All gone. I am still on the Clean Gut program and keeping a journal to learn which

foods I am sensitive to and if they must be eliminated or eaten rarely. I am actually highly skeptical because there is so much bad science out there in the Integrative Medicine world, but Dr. Junger is my hero.

I've always tried to eat healthy - for no real reason really, other than it seemed the right thing to do. Over time I had already concluded on my own - there's no good reason not to eat healthy (really - why eat junk?) But after stumbling upon CLEAN GUT - I totally now realize the technical science behind why we MUST all focus our energy and money on eating GOOD healthy unprocessed food. The info presented is a bit technical in the beginning - but the underlying principles are simply common sense and have shifted the way I think about eating. My hope is this book continues to inspire people to focus their priorities on feeding their families /friends the BEST food possible, instead of the current and sad trend to spend money on fads and technology and superficial self-indulgences that only decrease the long-term quality of human life.

Great book. Easy to read and cook recipes. Would recommend to anyone.

I have battled high glucose for a number of years. I am unable to take insulin or the pills for diabetes so I know the high glucose is coming from some other condition in my body. I have been on a diet of no more than 40 grams of carbohydrates a day for about a year and taking a lot of supplements. But, my glucose is still running on the average of 350. I have been on this program for almost 2 weeks and I am praying that this works. It is easy to follow the plan and the supplements are cheaper than the ones that I have been taking. Dr. Junger takes a look at the root causes for various diseases and I feel this will help me to heal.

Extensive reading of what really goes on in our gut. Dr. Junger explains why we say, 'my gut tells me' because our gut is where we have most of our nerves and feelings. Half of this book is recipes of clean eating.

Quite simply the best book I have read on healthy eating. This book has been my guide since I bought it and the 21 day cleanse has completely changed my health and my life. Do yourself a favor, purchase this book and do the 21 day cleanse, it could be life changing.

He makes everything so easy to understand, as well as super interesting. It is truly a really

informative read! If you are planning to follow this diet and have any SIBO type issues, I personally suggest following Jeanette Hyde's The Gut Makeover first, and THEN this one for optimal results. As his diet plan has you jump right into the probiotics, which, as he states is just throwing logs into a fire. Other than that, his plan is wonderful and the included recipes are great!

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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) Clean Gut: The Breakthrough Plan for Eliminating the Root Cause of Disease and Revolutionizing Your Health Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Resistant Starch: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut Book 1) Conquering Lymphoma: A Holistic Guide for Eliminating the Root Cause of Lymphoma, Blood Cancers, General Disease and Cancer Conquering Lymphoma: A Holistic Guide to Eliminating the Root Cause of Lymphoma, Blood Cancers, General Disease & Cancer Is It Leaky Gut or Leaky Gut Syndrome: Clean Gut, Allergies, Fatty Liver, Autoimmune Diseases, Fibromyalgia, Multiple Sclerosis, Autism, ... & More (Digestive Wellness) (Volume 2) 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) Eat Dirt: Why Leaky Gut May Be the Root Cause of Your Health Problems and 5 Surprising Steps to Cure It No Grain, No Pain: A 30-Day Diet for Eliminating the Root Cause of Chronic Pain Dirty Genes: A Breakthrough Program to Treat the Root Cause of Illness and Optimize Your Health The Gut Balance Revolution: Complete Digestive Health Program for a Healthy and Clean Gut (Abdominal Health Book 6) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Eliminating War by Eliminating Warriors: A Case Study in Costa Rica - Abolishing the Military and Army, Culture, Economic Evolution, Domestic Developments, External Threats, Historical Foundations 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 The Gut Makeover: 4 Weeks to Nourish Your Gut, Revolutionise Your Health and Lose Weight The Gut Health Protocol: A Nutritional Approach To Healing SIBO, Intestinal Candida, GERD, Gastritis, and other Gut Health Issues One Cause, Many Ailments: Leaky Gut Syndrome: What It Is and How It May Be Affecting Your Health Clean Eating 28-Day

Plan: A Healthy Cookbook and 4-Week Plan for Eating Clean Get It Out! Eliminating the Cause of Diverticulitis, Kidney Stones, Bladder Infections, Prostate Enlargement, Menopausal Discomfort, Cervical Dysplasia, PMS, and More

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