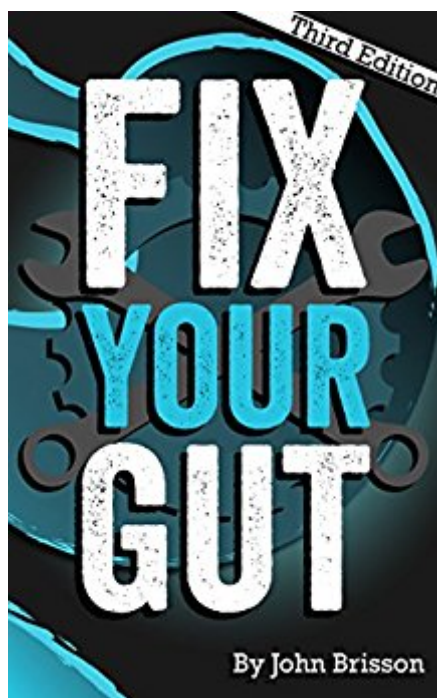


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# Fix Your Gut: The Definitive Guide To Digestive Disorders



## Synopsis

Keys to unlock the gateway to health, starting with your digestion. Years of research on the most cutting-edge gut interventions like probiotics, prebiotics, and herbal/mineral supplementation, combined with data and observation from regular consultation on digestive ailments, have culminated in this 3rd Edition of the definitive guide to your gut health, *Fix Your Gut*. Find out the real causes of surface-level digestive disturbances like acid reflux, heartburn, excessive burping/indigestion, and even the occasional gas. Benefit from the holistic results of your new and improved digestion. There is an average of 70 million Americans diagnosed with digestive disorders every year. More and more Americans are rushing to their doctors to treat conditions like heartburn, gas, GERD, SIBO, IBS, ulcerative colitis, and Crohn's disease. In our modern world, more digestive diseases and problems are being discovered than ever before. The most concerning aspect in light of this onslaught of illnesses is that science and natural medicine are already way ahead of the curve in relieving them, yet patients are not being given answers. When digestion tanks, most people turn to conventional medicine, which is great for emergency procedures and life-threatening conditions, but often doesn't offer what is needed for the prevention and treatment of disease. In everyone's medical treatment, there are benefits from a balance of natural and conventional medicine. Individuals deserve to be given the information required to make their own decisions, not only in treatment options for problems that might arise, but in the development of a healthy overall lifestyle. This book gives you the best interventions to improve your gut health, including how to change your diet to optimize your digestive system and enhance total body function. An ideal digestive system eliminates toxins, governs the immune system, absorbs nutrients, provides peak mental health, and ultimately makes it possible to get the most out of life. This is the only guide that examines all available treatments for hacking and maximizing your microbiome, down to each species of probiotic bacteria and every molecule of prebiotic fiber that might be utilized. Probiotics, prebiotics, herbal remedies, diet and lifestyle changes, and even pharmaceutical drugs are held under the microscope to help determine a gut-healing protocol that's right for your specific goals. We are all individuals with different genetics, microbiomes, and allergies, so every contingency is accounted for in the diverging paths of healing provided within this guide. In his definitive work, John Brisson explores and explains everything you need to know about digestive health. *Fix Your Gut* covers (and helps you discover):

- How Your Digestive System Really Works
- Tips to Improve Digestive Health
- Probiotic Guide and Information (All Different Flora and Their Uses)
- Supplement Brand Recommendations (Quality Matters)
- Buying Supplements Online and Locally
- Protocols for Most Digestive Diseases (GERD, LERD, SIBO,

Gastritis, Gastroparesis, IBS, IBD, Esophageal Motility Disorders) -Protocols for Colon Cleansing and Parasite Elimination -Protocols for Constipation, Diarrhea, and Food Poisoning -Protocols to treat Candida, H. pylori, and C. diff Infections -The True Cause of Ulcerative Colitis and Crohn's Disease -Information on Different Diets and How They Affect Your Digestive Health -Gastrointestinal Cancer General Information and Alternative Treatments -Information on Antibiotics and Medicines Used to Treat Digestive Diseases -Information on Digestive Diagnostic ProceduresIt's time to take back your digestive health!www.fixyourgut.com

## **Book Information**

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## **Customer Reviews**

I have been a reader of articles on fixyourgut.com for a very long time (since before this excellent guide was released, and during its development). A lot of the information and protocols herein had previously been (and continues to be) provided by its author free of charge on holistic health forums around the web. Mr. Brisson knows what he's doing, from his own experience and relentless research, which he imparts effectively and concisely in this definitive guide to gut health. The approaches this guide provides for dealing with specific digestive (and otherwise) ailments,

diagnosed and undiagnosed, are exactly what someone in need of assistance in managing a chronic illness requires for relief. In the guide, each condition (even down to very specific symptoms such as acid reflux) comes with a protocol that goes after the root of the problem but also a protocol for alleviation of the symptom using targeted supplements. Every contingency possible is accounted for in the provision of a plan for what you're trying to find relief from, because everyone is very different and has different allergies and sensitivities to deal with. This is perfect for someone like me, because I can't even tolerate coconut oil, so I've had to try a lot of different approaches. I've consulted with John before, and he's always personally had another option when something I'd tried was giving me problems. In my personal consultations with the owner of Fix Your Gut, I've had a lot of success in dealing with my gut problems. The information in this book is honestly what you've been looking for if you've been searching for a long time on the Internet without relief, and especially if you've been passed around from specialist to specialist in the failing conventional medical system. As Hippocrates said, all disease begins in the gut. The success you can achieve in your overall health using this approach is indeed a testament to this statement. Look no further than this ebook for a way to start down your path of restoring this mysterious gateway to wellness.

This is by far one of the best books I've read not only on digestive health but on alternative medicine in general. Most of the books provide you list of general name of the supplements explaining why they are good for your condition. But no specifics how to take them what brand to use. Protocols in "Fix Your Gut" provide exact instructions on how, when and how long to follow protocol and which brand of supplements to use. Meticulously researched with wealth of references, precise protocols and impressive depth of information. I followed SIBO and leaky gut protocols and see big improvements in my digestive health.

Great insight, great reference, unbelievable amount of structured and brief although still extensive informations. Maybe a little bit confusing at times but it's minor issue. I did put lot of energy into GUT problems, resolution and supplement studying in last few years but I feel like a loser compared to John Brisson, I have to recommend this to all with GUT problems trying to solve their problems on their own or simply trying to know little bit more about their body inner workings. Although I think some previous background is welcome, this is really dense and John Brisson does not take prisoners. On the other hand while being pretty thorough I think it's still accesible if you're beginning your gut exploration journey

No one has a book this inclusive! Includes Crohn's disease, YIBO and SIBO remedies and which diets to use for each one! Bring this to your doctor! He also does health coaching! A very informative read with research that people are just barely starting to talk about. He's pioneering into the world of actually fixing your gut.

The author discusses how the digestive system works. Then he explains all the major illnesses associated with the digestive system. He gives examples of natural cures and diets that will help each illness. He lists supplements, explains what they are used to treat, and where they can be purchased. He also includes links to sites associated with each topic he discusses. This is a good resource to have even if you do not have any of these illnesses, because he tells how to prevent getting many of them.

I decided to buy this book due to the great price and the wealth of information inside it. I am lucky with the fact that I don't have gut issues which create daily issues in my life. I primarily bought the book to help with gastro illnesses, food poisoning and diarrhea. Complaints that I can suffer from due to my regular travel to foreign countries. I found this information easy to follow and useful without having to turn to harsh medication. Particularly as advice is also given as to how to repair your gut after the event. Buy it you will not be disappointed !

From the protocols, to the thorough explanations of gut ailments, to the extensive explanation of probiotics, Fix Your Gut is an indispensable resource for me. Gut health is the number one problem in the developed world due to many factors that are covered in the book. For the sake of this review however, I'll list a few here. GMO foods, Altered wheat gluten, High carbohydrate intake, High processed sugar intake. What I have mentioned above is pretty much a standard American diet. My gut needs to be fixed, your gut probably needs to be fixed. This book lays out in great detail the steps needed to get you back on the right track. Highly recommended.

Really enjoyed Fix your gut. John really breaks it down & explains in great detail to how to treat digestive issues of all kinds. I especially value this book for reference when passing along advice or taking action with my own family. Buy it !

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