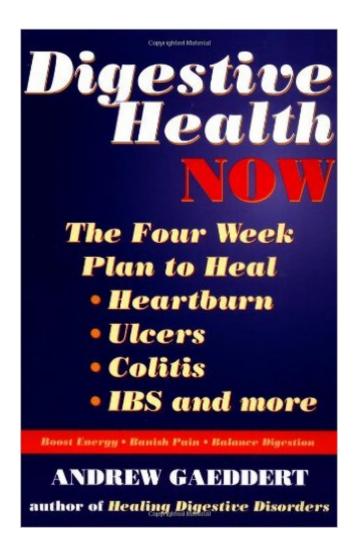
# The book was found

# Digestive Health Now: The Four Week Plan To Heal Heartburn, Ulcers, Colitis, IBS And More





# **Synopsis**

Drawing on his extensive clinical experience, Andrew Gaeddert helps the reader make sense of natural healing techniques based on Chinese medicine, rotation diets, and anti-candida strategies. Case studies illustrate how the author's clients were able to reduce or eliminate their digestive problems, enjoy greater energy, and reduce discomfort. Gaeddert explores food sensitivities, developing tolerance for certain foods, and preventing food reactions. Useful appendices address obstacles to health, reducing fat intake, digestive-friendly grains, and food families. For the one out of three Americans who will have a digestive disorder in their lifetime, this is an accessible, step-by-step guide for dealing with digestive disorders.

## **Book Information**

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Medicine > Internal Medicine > Pathology > Diseases > Digestive Organs #593 in Books >

Medical Books > Medicine > Internal Medicine > Gastroenterology

# **Customer Reviews**

An awful lot of advice....but nothing exacting. Don't think you are going to read this and be able to cure yourself. A lot of medical info is wishy-washy and often contradicted from one chapter to the next. With the level of chinese medicine he is recommending...you still need a professional.

This was full of good information but I was disappointed it didn't cover GERD in more detail and explain more about how to treat it at home WITHOUT antacid medications. I was so hoping I would find out more about this topic having dealt with GERD for the past 5 years.

I ou have a digestive problem or want to be healthy this book gives you usefull information

I wrote Healing Digestive Disorders to give hope to millions of digestive patients who are frustrated with their health. Healing Digestive Disorders has hundreds of effective treatments using Chinese and western herbs, supplements, diet and lifestyle tips, and an overview of western medicine. I suffered from both Crohn's disease and IBS. My search for therapies to help my own systoms have made it possible for me to help thousands of people.

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