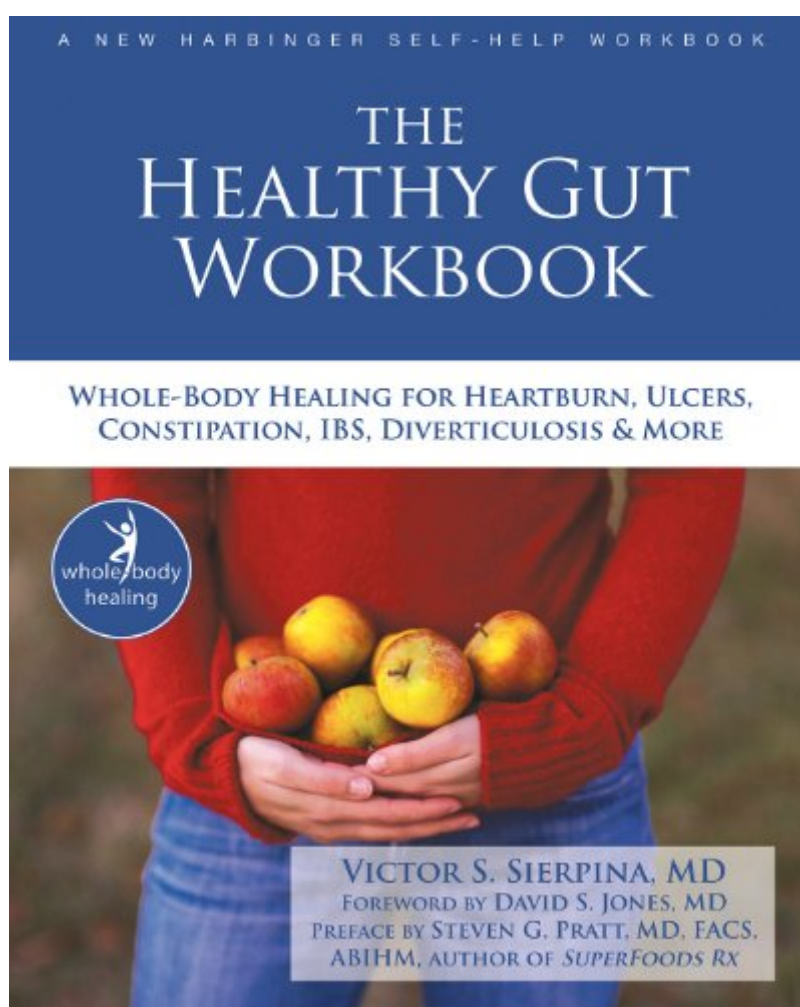


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# The Healthy Gut Workbook: Whole-Body Healing For Heartburn, Ulcers, Constipation, IBS, Diverticulosis, And More (The New Harbinger Whole-Body Healing Series)





## Synopsis

Your Guide to Complete Digestive Health A healthy digestive system is essential for total wellness, and digestive issues that cause discomfort and pain can seriously hamper our enjoyment of life. While there's no quick fix for curing the gut, effective holistic remedies can naturally, gradually alleviate almost every kind of gastrointestinal problem. In *The Healthy Gut Workbook*, you'll find a complete plan for restoring your body's delicate balance through gut-friendly meals, simple lifestyle changes, nutritional supplements, and, if needed, medications and medical procedures. You'll learn which foods to add and remove from your diet to dramatically reduce your symptoms right away, and also discover a variety of strategies for maintaining gut health. No matter what digestive problems you suffer with, the healing solutions in this workbook will help you find relief. This book includes integrative treatment plans for:

- Heartburn and reflux
- Gastritis and ulcers
- Diarrhea
- Constipation
- Excessive gas
- Gallstones
- Pancreatitis
- Liver disease
- Irritable bowel syndrome
- Crohn's disease
- Ulcerative colitis
- Diverticulosis
- Hemorrhoids

## Book Information

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Alternative Therapies

## Customer Reviews

After suffering for years with repeated episodes of diverticulitis, complete with E.R. visits, high fever and excruciating pain, my doctor advised surgery. I became aware of Dr. Sierpina's holistic approach to healing digestive ailments. After following the advice he gives in this book for diverticulitis, I avoided a repeat occurrence for a year, until travel interrupted the high fiber and supplement regime. By immediately resuming high fiber and his other supplement recommendations, the inflammation quickly resolved and I was able to avoid the antibiotics and pain meds. It is wonderful to know that choices I make can keep me pain-free and healthy! Dr. Sierpina's holistic, integrative, practical, self-help advice will bring great relief to readers suffering from gut issues ranging from heartburn and reflux to constipation to IBS and Crohn's disease and hemorrhoids, and more besides. I'm giving copies to family members who suffer from digestive health issues, and to our Internist who encourages his patients to practice good self-care.

I have finished reading Dr. Sierpina's *The Healthy Gut Workbook* and four words come to mind: enjoyable, practical, empowering and comprehensive. First, it is enjoyable in that with discussion of a medical issue, especially one involving the gut, the materials can be as dreary as the condition. With this work you have section headers such as "Ode to the Gut," "up the down escalator" and many others Sierpina-isms that keep the read pleasant and positive. Practical and empowering are also key themes emphasized throughout the book. In sections like "Your gut: an owners manual," "How to take a probiotic," "Getting stress under control," and patient cases, Dr. Sierpina makes it clear that everyone has the ability to better understand and heal their gut. Lastly, many gut/GI articles and books looking for the one mechanism or treatment. This book takes a refreshingly integrative and functional approach to the topic. It is comprehensive in that it takes a balanced approach to conventional and complementary treatments (such as proton pump inhibitors (PPIs) and dietary supplements). I also love the comprehensive discussion of issues often ignored in gut disorders including: stress and how to manage it with mindfulness and other techniques; the importance of exercise and total gut health including controlling inflammation. I would recommend to anyone who is looking for better understanding and self-management strategies for gut issues in an easy to read format. I would ALSO recommend to my medical colleagues looking for a handy reference to help them weave through the maze of gut disorders while providing support materials to their patients. It is a rare book that can do both but this book has done it. Robert Bonakdar MD  
FAAFP Scripps Center for Integrative Medicine

Dr. Vic's Sierpina's *The Healthy Gut Workbook* describes excellent information on cycles of

digestion and elimination and the impact and influence of both internal and external events such as stress levels, exercise, sleep, and nutrition on the gut. It is one of the best books addressing gut conditions such as heartburn, ulcers, IBS, constipation and more. In this informative and well-organized book you will find everything you need to create step-by-step lifestyle actions for a healthy gut including preventive and integrative medicine that lead to greater health and wellbeing. Barbara Dossey, PhD, RNDirector, Holistic Nursing Consultants and Director, Integrative Nurse Coach Certificate Program Author Holistic Nursing: A Handbook for Practice and Florence Nightingale: Mystic, Visionary, Healer

I have read Dr. Sierpina's latest book and would highly recommend this workbook to anyone interested in preventing or treating gastrointestinal problems. Dr. Sierpina has collected many helpful treatment options for various gastrointestinal issues and made them approachable and spread his brand of humor throughout this workbook. He has included conventional as well as integrative ways of addressing various complaints. The tables that follow each chapter are concise and most helpful. Donald R. Counts M.D.

In my clinical practice, "gut" conditions are commonplace and rarely do I find a source, like The Healthy Gut Workbook, that is helpful in clinic as well as an excellent resource for patients. It nicely brings together all aspects of healthy eating, including wisdom from integrative and functional medicine, and up-to-date research and gastrointestinal references, and it provides interactive activities to help us learn about our GI tract and relevant habits. I'm sold; this is "the" resource book for patients' common GI conditions.

I thought this workbook was comprehensive, enjoyable (even entertaining!) to read, and helpful for troubleshooting common GI problems. I followed Dr. Sierpina's suggested Elimination Diet and discovered a pesky gluten sensitivity that I may not have found otherwise. Overall I'm very thankful for this workbook and will certainly reference it many more times in the future! Very helpful for grocery list-writing!

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The Healthy Gut Workbook: Whole-Body Healing for Heartburn, Ulcers, Constipation, IBS, Diverticulosis, and More (The New Harbinger Whole-Body Healing Series) 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)

Heartburn: Acid Reflux Cure: Get Heartburn, Acid Reflux Cured Naturally in 3 Week Step by Step Program (Heartburn, Heartburn No More, Heartburn Cured, ... Reflux Cure, Acid Reflux Help, Digestion) Gut: Goodbye - Leaky Gut! The Ultimate Solution For: Leaky Gut Syndrome. Digestion, Candida, IBS (Diverticulitis, Diverticulosis, Irritable Bowel Syndrome, ... Celiac Disease, Rheumatoid Arthritis) Constipation: How To Treat Constipation- How To Prevent Constipation- Along With Nutrition Diet And Exercise For Constipation The Complete Guide To Digestive Health: Plain Answers About Ibs, Constipation, Diarrhea, Heartburn, Ulcers, and More The Complete Guide to Digestive Health: Plain Answers About IBS, Constipation, Diarrhea, Heartburn, Ulcers and More by Fc & a Medical Publishing (2004-06-30) 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) Nutrition: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut) The Whole-Food Guide to Overcoming Irritable Bowel Syndrome: Strategies and Recipes for Eating Well With IBS, Indigestion, and Other Digestive Disorders (The New Harbinger Whole-Body Healing Series) LINZESS (Linaclotide): Treats Irritable Bowel Syndrome with Constipation (IBS-C) and Chronic Idiopathic Constipation (CIC) Dr. M's Seven-X Plan for Digestive Health: Acid Reflux, Ulcers, Hiatal Hernia, Probiotics, Leaky Gut, Gluten-free Gastroparesis, Constipation, Colitis, ... & more (Digestive Wellness Book 1) Digestive Health Now: The Four Week Plan to Heal Heartburn, Ulcers, Colitis, IBS and More 30 Day Whole Food Challenge: 30-Day Whole Food Diet Challenge Recipe Cookbook for Weight Loss Eat healthy, Lose Weight! (Whole Foods, Whole Diet, ... Whole Recipes, Whole 30 Diet Plan) (Volume 1) The Whole-Body Approach to Osteoporosis: How to Improve Bone Strength and Reduce Your Fracture Risk (The New Harbinger Whole-Body Healing Series) Gastrointestinal Health Third Edition: The Proven Nutritional Program to Prevent, Cure, or Alleviate Irritable Bowel Syndrome (IBS), Ulcers, Gas, Constipation, ... and Many Other Digestive Disorders Gastrointestinal Health Third Edition: The Proven Nutritional Program to Prevent, Cure, or Alleviate Irritable Bowel Syndrome (IBS), Ulcers, Gas, ... Heartburn, and Many Other Digestive Disorders Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole Foods, Whole Food Diet, Whole Foods Cookbook) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) Healthy Gut: How to Restore Gut Balance, Boost Metabolism, and Heal Your Gut