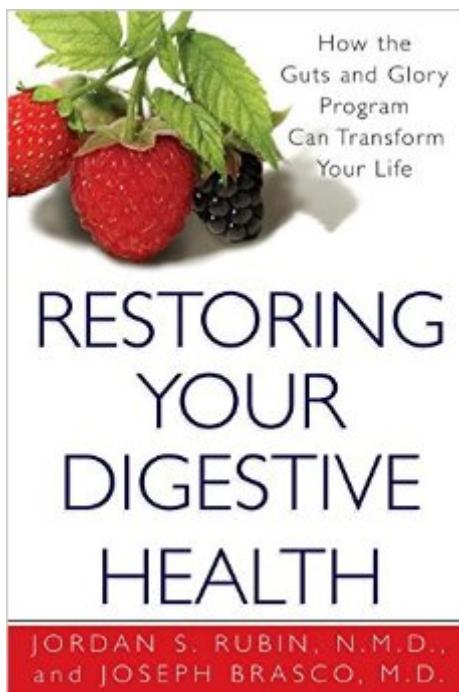


The book was found

Restoring Your Digestive Health:: How The Guts And Glory Program Can Transform Your Life



Synopsis

This title teaches readers how to love their guts and lose the medicine. It provides a revolutionary wellbeing programme for the millions of people seeking a simple, natural lifestyle change to help ease the pain of their debilitating digestive disorders.

Book Information

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Average Customer Review: 4.4 out of 5 starsÂ See all reviewsÂ (102 customer reviews)

Best Sellers Rank: #64,811 in Books (See Top 100 in Books) #58 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy #69 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal #3668 inÂ Books > Parenting & Relationships

Customer Reviews

A little background firstI have Post Infectious IBS for 2 years now. It started after taking large amounts of antibiotics to heal from pneumonia.Feeling very bad as most IBS sufferers, I tried several diets, went to a lot of GI doctors and even tried acupuncture, reflexology, ... you name it.I took antidepressants for a while to help me with my mood since I felt so bad in times that I didn't even want to work or even get out of home. I lost 40 pounds so far.Since January 2005, I read these books (I put a personal rating to each one, related to how much it helped me with my IBS, in parenthesis from 1 to 5, being 5 the best score):Breaking the Vicious Cycle - Elaine Gotschall (3)Eating Right for a bad Gut - James Scala (2)Total health Program - Joseph Mercola (3)Metabolic Type Dieting - William Linz Wolcott, Trish Fahey (1)I recently read "Restoring Your Digestive Health" (5)To the point:Besides the fact that many, if not everyone, of the people who write this kind of books look for some sort of monetary earnings (and many do that just for the money), there always stays the fact about whether the material presented has a real value or not. In other words, do the programs and recommendations in this book really work?For me they did. In fact it is my personal opinion that this book encloses many of the concepts that I've been studying for the past year. It gives you a brief explanation about many of them. In that respect at least, I wished I had bought this

book before the other ones, since in the end it is like a little reference of them. Bad luck.

In 1991, at age 33, I was diagnosed by a Board-Certified Gastroenterologist as having severe Crohns/Colitis, which affected my entire large intestine and the beginning of my small intestine. At 5'9" I weighed 103 lbs. Without going into great detail, upon colonoscopy, this same Board-Certified Gastroenterologist said that mine was one of the worst cases he had seen. My diet, which had been extensive throughout my entire lifetime, was now reduced to four foods. Not four food GROUPS, but four actual foods. Anything else that I ate made me hemorrhage. Unfortunately, I was put on a myriad of pharmaceuticals, including Prednisone, which I stayed on for 13 continual years. My disease was hardly managed in this way, but I still lived as best as I was allowed by my affliction. This "life" included absolute necessity of staying home because of my need for the continual use of a restroom. In that 13 year timeframe, I unsuccessfully consulted and visited with multiple MD's, and alternative care practitioners from several countries. I tried a multitude of ways to stop my illness, all to no avail, and some actually made me worse. In 2004, I heard about Jordin Rubin, read his literature, and almost passed up on my opportunity to try his program because I was so discouraged that I thought that this, too, would not work for my situation, as nothing up until that time had. I read both Patient Heal Thyself and then went on to read Restoring Your Digestive Health. I then made the decision to try his method of healing. As any critically ill patient would do, I followed his regimen to the utmost degree, taking pains to make absolutely certain that I followed absolutely every step he issued in the healing process.

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