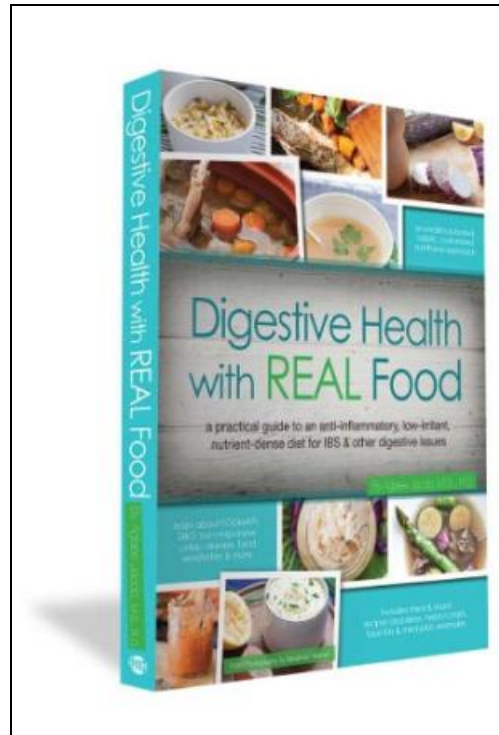


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DIGESTIVE HEALTH WITH REAL FOOD: A PRACTICAL GUIDE TO AN ANTI-INFLAMMATORY, LOW-IRRITANT, NUTRIENT DENSE DIET FOR IBS OTHER DIGESTIVE ISSUES



Paleo Media Group. Paperback. Condition: New. 396 pages. Dimensions: 10.9in. x 8.4in. x 0.9in. Health begins in the gut. In addition to digestive disorders, many other health problems can stem from damage to your intestines, including migraines, skin problems, autoimmune conditions, and weight abnormalities, so tackling your digestion first is smart if you want to maximize your chances of obtaining optimal health. Beyond simply managing your symptoms, Digestive Health with REAL Food will teach you how to address the root causes of your digestive troubles to achieve optimal digestive and overall health. The information in Digestive Health with REAL Food will help you build your own optimal diet by identifying the best foods for your digestive system: ones that are easy to digest, anti-inflammatory, nutrient-dense, healing and low in irritants and allergens. The nutritional protocol in this book, developed by registered dietitian Aglae Jacob, addresses numerous digestive problems, including: Irritable bowel syndrome (IBS) Crohn's disease Ulcerative colitis Small intestinal bacterial overgrowth (SIBO) Fructose malabsorption FODMAP intolerance Gastroesophageal reflux disease (GERD) Gallbladder issues Abnormal intestinal permeability (leaky gut) Gut dysbiosis (gut flora imbalance) Celiac disease Non-celiac gluten sensitivity Multiple food sensitivities And many more. . . In addition to guiding you on how to successfully follow an elimination diet, Aglae will teach you everything you need to know about dietary supplements, stress management, eating out, and travel strategies, as well as how to troubleshoot various digestive problems. The book includes over 40 recipes, each accompanied by a stunning color photograph, mealsnack ideas, helpful charts, food lists and weekly meal plans to get you started on the path to better digestion. Unfortunately, there is no one-size-fits-all solution to digestive problems, but the evidence-based, customized and holistic nutritional approach in Digestive Health with REAL Food will give you the tools to tackle your...



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