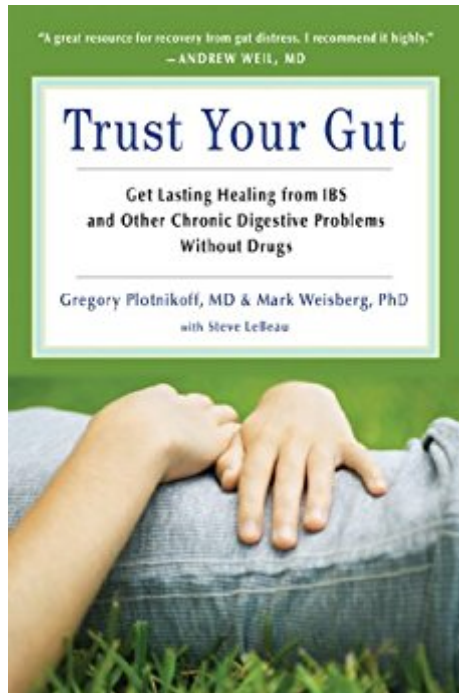


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# Trust Your Gut: Heal From IBS And Other Chronic Stomach Problems Without Drugs



## Synopsis

Do you have an upset stomach that just won't quit? Do you often feel bloated or live with troubling intestinal pains? • Do you constantly ask yourself "what can I eat and not suffer?" • Do you have to know where the nearest bathroom is at all times? Have you been diagnosed with IBS yet still can't find relief? You might be one of the more than 55 million Americans who needlessly suffer from these troubling symptoms. You may have even given up hope because you are embarrassed or exhausted. In *Trust Your Gut* --two leading doctors in integrative medicine -- a physician and a psychologist -- have teamed up to develop the revolutionary CORE program. Gregory Plotnikoff, MD and Mark Weisberg, PhD offer a comprehensive, mind-body approach to healing, without the need for drugs. They are the "go to doctors" for gut distress. Their book is based on decades of clinical experience in resolving the most challenging gut symptoms. *Trust Your Gut* will empower you to awaken your "inner doctor", find lasting, sustainable relief and reclaim your life through making simple changes in your diet and sleep, stress reduction and more. Learn how to:

- Reduce pain and other gut symptoms naturally
- Promote healthy digestion without drugs
- Rewire your brain-gut connection
- Recognize and manage the five forms of stress that lead to gut disorders
- Re-establish and maintain gut harmony

*Trust Your Gut* guides you on how to take control of your own gut health now!

## Book Information

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## Customer Reviews

Just finished reading 'Trust Your Gut' and thought it was one of the TopBooks discussing GI Health. The author writes very clear and gives excellent information on the "Whys" of dealing with digestive problems. One area I particularly enjoyed reading was on SIBO( Small Intestine Bacteria Overgrowth) this is a condition which mimics IBS down to the letter. Other helpful books would be Dr. Mark Pimentel's "A New IBS Solution" or Sophie Lee's Book, " "Sophie's Story"

I loved this book. Like many people with stomach issues, I have done a lot of reading about what I should and shouldn't be doing to "control" my problem. However, until I read this book, I still found myself in a cheating/regretting cycle quite often. This book was the first thing that actually motivated me to work WITH my body, not against it. It is a quick read that is very easy to understand, which makes the suggestions easy to follow. This is not just another book with lists of unrecognizable vitamin combinations chosen to soothe tummy troubles. It actually gives you a frame of reference for how you can work with your unique body to make the most of your health. Of course, there are lists of things that can help/hurt you, but they are short and easy to work with. I particularly like the way the authors use patients' stories to sell their messages. I find that so much more persuasive than a lot of scientific jargon. I know its based in science, but I prefer hearing the human side of the suggestion. Actually, I have many health issues, and I felt that the information in this book translates to more than just gut problems. I feel enabled to recognize signals from my body that I can now interpret and respond to effectively. I am working with my body, not against it, and this change has been a true blessing. I am recommending this book to all of my friends because there is so much in it that applies to all of us, gut issues or not. HIGHLY RECOMMEND FOR EVERYONE.

This is an excellent resource - simple, clear, user-friendly, smart, sound - for people looking for solid, hands-on guidance for what to do to remediate their exasperating functional gut problems. It's a fun read and it's bound to deliver results. I liked it a lot. Belleruth Naparstek, LISW Author of Invisible Heroes: Survivors of Trauma and How They Heal; and creator of the Health Journeys guided imagery series

I was diagnosed with GERD. This book changed my life. I was constantly trying to find things to eat so I wouldn't have pain and nausea. After going to several doctors, taking PPIs etc., having all of the tests and finding nothing wrong, I found this new book. I still can't believe that I feel so good! Remember to take deep breaths and read this book twice.

Imperfect digestion is to blame for a vast array of illnesses ranging from GERD, gastritis, irritable bowel syndrome, bad breath, diverticulitis, colitis, constipation, headaches, allergies, abdominal pain, joint pain, etc. In the new book "Trust Your Gut," Dr's Plotnikoff and Weisberg describe how to control faulty digestion by various means including Mind/Body approaches, diet, supplements, sleep therapeutics, and being keenly aware of your digestive processes. I enjoyed reading this easy to understand book and I highly recommend it for the health professional and any person who is concerned about the betterment of their health. Burton M. Berkson MD MS PhD President, The Integrative Medical Center of New Mexico

Using clear examples and easy-to-follow instructions and exercises, this book provides a step-by-step guide that can help anyone struggling with chronic digestive difficulties find a path back to health. Weaving together insights from modern psychology and medicine with ancient healing and wisdom traditions, Drs. Plotnikoff and Weisberg present a comprehensive guide not just to curing disease, but to developing a balanced, healthy, mind and body. They show readers how instead of just fighting symptoms with drugs or surgery, they can use their distress to gain insight into what their bodies and minds need to become healthy naturally and live rich, fulfilling lives. Dr. Ronald D. Siegel. Assistant Clinical Professor of Psychology, Harvard Medical School Author, The Mindfulness Solution: Everyday Practices for Everyday Problems

I think anyone with a chronic illness or pain should read this book and apply the same principles to their disease. There are a lot of good common sense actions to take in this book and the most important one was learning that it's ok to have the pain and symptoms and how to pay attention to them in an unemotional way so that I can actually function in life again. Sometimes you just need a new perspective and a little common sense to help see things in a new light so you can handle it again.

Highly informative. This book should be mandatory for all practicing physicians. Medicine has become highly specialized and proactive care is just at the beginning stages in the U.S. The field of

integrative medicine is a fascinating and truly beneficial field for helping people to feel their best at any age. While reading this book, I couldn't help but feel that the patients they were talking about walked in my same shoes.

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