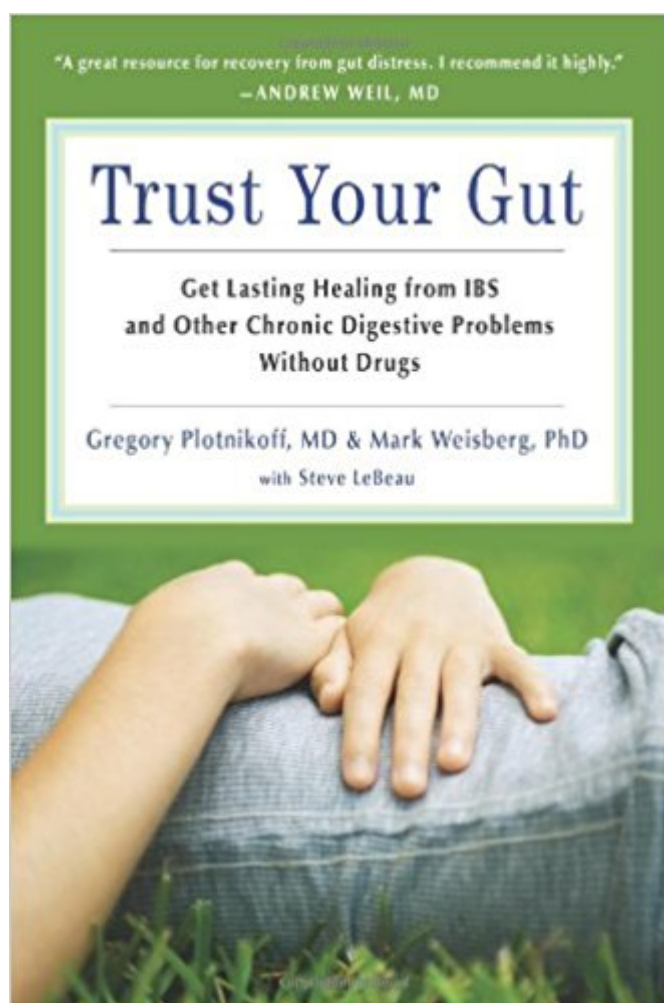


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# Trust Your Gut: Get Lasting Healing From IBS And Other Chronic Digestive Problems Without Drugs



## 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

"Finally a book with clear guidelines for people wanting to solve their gastrointestinal distress and disease. Because the gut is the center of our emotions, most GI problems must be addressed both

physically and emotionally. Unfortunately, this is rarely done. What makes this book so transformative is that it brings the perspectives of both an integrative functional medicine doctor and a doctor of clinical health psychology. Anyone willing and able to follow the suggestions put forth by Doctors Plotnikoff and Weisberg should be able to resolve their gut distress. I would rate this book a ten out of ten for excellence." -Bill Manahan, MD, assistant professor emeritus, University of Minnesota Academic Health Center "If you or a loved one have suffered too long from gut distress, this book is for you. Trust Your Gut is a great resource for recovery. It will show you how to use scientifically grounded, natural methods that are easily accessible. I recommend it highly." --Andrew Weil, MD, author of Spontaneous Happiness and the #1 New York Times bestselling Spontaneous Healing

Gregory A. Plotnikoff, MD, MTS, FACP, is a board-certified internist and pediatrician who has received national and international honors for his work in cross-cultural and integrative medicine. He is frequently quoted on medical stories in the New York Times, the Chicago Tribune, the LA Times and been featured on All Things Considered, Speaking of Faith and Science Friday. Mark B. Weisberg, Ph.D., ABPP is a clinical health psychologist. He is a Community Adjunct Professor in the Center for Spirituality and Healing, University of Minnesota, and is a Fellow of the American Psychological Association. Dr. Weisberg is frequently interviewed for television, radio and print. Visit him at [www.drmarkweisberg.com](http://www.drmarkweisberg.com).

I'm sorry to go against the grain here, but the approach in this book may do a few people some good, but when you are running to the bathroom all day or are so constipated you can't see straight, it's a bit unrealistic to feel happy with the signals your gut is telling you. I am an R.N. with a degree in Human Services, have had IBS for five years and discovered on my own about the research of FODMAPS coming out of Australia. To say it has been helpful is an understatement. So, please, people with IBS, try the FODMAP diet first - this emerging treatment has now caught on with US registered dietitians, and it will save you from having intestinal distress much of the time. Order this book as an adjunct. But buy as your primary resource, The Complete Low-Fodmap Diet by Shepherd and Gibson

A book of good advice, but seemed a little light on the science. What about the role of the internal biome, something the authors could have gotten into much more with more on the effectiveness.

Good read . . . I have colitis and this book did help. Makes you really think about how your mind affects your body functions! It helped me quite a bit.

Great suggestions for anyone with gut issues, not necessarily IBS. Helped me devise a method to determine why I have so much gas. Good general health rec's as well. One complaint is the chapter on sleep issues is straight out of the "sleep hygiene" textbook, which is not very creative or individualized; then again, this is not primarily a book on sleep disorders.

It's a good book with a lot of great information

I am dealing with "gut" issues and this book deals with every facet of the issue. I gives the long-term picture as well as the lifestyle changes asked for as the body speaks through the gut.

good read, informative

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Irritable Bowel Syndrome: The Ultimate Guide to Eliminating IBS and Living a Healthier Life (The Ultimate IBS Diet Guide, Managing IBS for Real People, Take Control of IBS, Eating for IBS)  
Happy Healthy Gut: The Natural Diet Solution to Curing IBS and Other Chronic Digestive Disorders  
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Resistant Starch: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut Book 1)  
Digestive Health with REAL Food: A Practical Guide to an Anti-Inflammatory, Nutrient Dense Diet for IBS & Other Digestive Issues  
Conquering Irritable Bowel Syndrome: Essential Tips to Prevent,

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