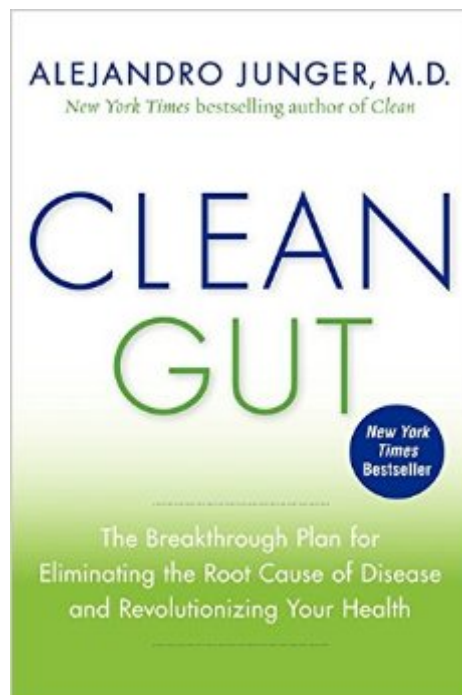


The book was found

Clean Gut: The Breakthrough Plan For Eliminating The Root Cause Of Disease And Revolutionizing Your Health



Synopsis

In *Clean Gut*, Alejandro Junger, M.D, New York Times bestselling author of *Clean* and creator of the world-famous Clean Program, delivers a complete toolkit for reversing disease and sustaining life-long health. All of today's most-diagnosed ailments can be traced back to an injured and irritated gut. The gut is an intricate and powerful system, naturally designed to protect and heal the body every moment of every day. And yet for far too many of us, this remarkable system is in disrepair, which leads to all kinds of health problems—from extra pounds, aches and pains, allergies, mood swings, and lack of libido, to heart disease, cancer, autoimmune disorders, insomnia, and depression. But we no longer have to be sick to get healthy. In this groundbreaking program, Alejandro Junger, M.D. explains how instead of treating the symptoms as they arise, we can preemptively attack disease before it takes root in the gut. No matter your current state of health, you will benefit from this program: *Clean Gut* will help you put an end to everyday ailments, reverse chronic disease, and achieve true, long-lasting health.

Book Information

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Customer Reviews

To give a background on my opinion, I have two degrees in Biology, and a lot of experience reading and studying about health and nutrition, because I spent a lot of time healing myself with the help of many holistic practitioners. I care about my health, but like most people, I have habits that aren't that great, plus I had lifelong health challenges that handicapped me a bit in reaching my health goals. Yet I have enjoyed learning and applying a variety of methods and programs that have been a huge

help to me. My husband and I went on the Paleo lifestyle two years ago, and we had great results. But I knew I needed more help to go to the next level. When I saw this book, I knew it was the next step for us. Dr. Junger writes compellingly about the relationship between gut health and all kinds of physical issues, but even more intriguing, he presents good evidence that strain on the gut can be a major contributor to depression and lack of intuitive guidance, because when the gut is stressed, it goes into survival mode instead of performing the nice functions that can make life happier or easier for you. My husband and I went on the 21-day cleanse. This is likely not going to be something for sissies. If you have a bad physical issue you are really wanting to fix or you are a highly motivated person seeking to take their health to the next level, this could do it for you. But let me warn you, it is tough. You are asked to give up a bunch of foods, take a bunch of supplements and then slowly reintroduce and test each one after 21 days. The results, if you make it that far, will surprise you. I can't guarantee results are the same for everyone. I am sure they are not. But we lost 5-7 pounds without trying, and we aren't that overweight.

CLEAN floored me and as soon as I finished the book a few years ago, I went on Dr. Junger's cleanse. I was impressed by the breadth of clear explanation and understandable, logical science. Plus it worked. Even moi, the partial skeptic (after 40 years of carrot juice and raw beets), I felt like an improved me. The things he said about glowy skin and sparkly eyes were- surprisingly-true. I kept looking in the mirror. I was hooked and followed Dr. Junger and his CLEAN TEAM online. I continued the cleanse a few times a year; and always with great support. I didn't think it could get any better but then...Voila... CLEAN GUT upped the game. I found it revelatory and read it cover to cover. How wise and clever of Dr. Junger to pinpoint the gut as the point of no return for wellness and illness. How clearly-elegantly even- he states his argument. It was intriguing to learn how our gut affects every cell in our bodies; either directly or indirectly. How it even has a mind of its own and is continually relaying electromagnetic signals all around the body. Amazing! And of course CLEAN GUT will be an eye opener for so many readers as they discover that a diet of pills for a variety of symptoms, might not do the trick. That, for example, a skin rash, might be pointing to a gut disfunction, inflammation, and serious cellular imbalance. And that to achieve good health-one must take health by the scruff of the neck -in this case the gut- and give it a good shake out. Literally a clean up from the inside out. He outlines the 4 parts of the gut and cogently describes the functionality of each.

I've read a lot of nutrition books, been on many diets... all in an effort to fix my nagging health

issues: migraines, arthritis, heart palpitations, nerve pain, constipation, anxiety, bloating, on and off again mild depression, psoriasis... you name it. I've also been about 5-10 lbs. overweight for several years and I just wasn't able to control my eating (I am a pastry chef). I just got so fed up with our medical system... giving me antidepressants for my constant headaches (15 days out of the month on average) that may have worked short term, but then stopped leaving me with unwanted weight gain and severe withdrawal symptoms. Doctors were just always trying to put a bandaid on things with prescription drugs. Never did I really stop and think, "why"? or "could it be something I'm doing"? If I did, I just couldn't figure it out on my own. I blamed some of it on the Lyme disease for which I was treated for three years (thanks to my doctor refusing to test me saying "you don't have Lyme Disease"! and treating me like a hysterical woman. Then I saw Dr. Junger on Dr. Oz. I have really strong intuition and I heard myself saying "this is the answer!" It was truly an "aha" moment. I read Clean (Clean Gut wasn't out yet) and immediately followed Dr. Junger's plan to detox and find out what foods were causing my symptoms. It became so clear what my triggers were because I felt so much better while I was on the plan. I found that after I went off of it in Orlando (impossible to eat healthy at Universal!) that my hands were hurting (I had not noticed my arthritis went away too on the program!), I had migraines, felt bloated, tired and just plain awful again. I had none of these nagging issues while I was on Clean!

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