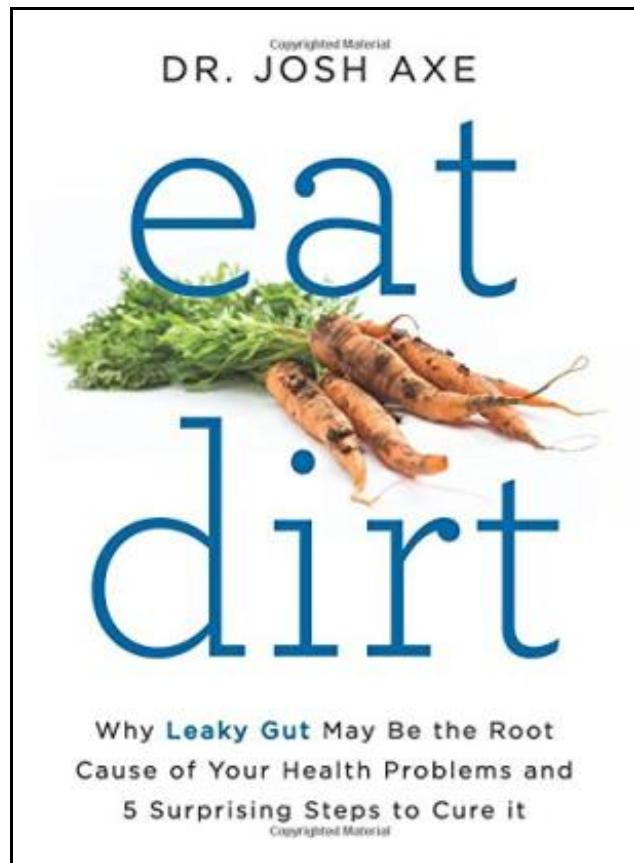


Eat Dirt: Why Leaky Gut May be the Root Cause of Your Health Problems and 5 Surprising Steps to Cure it



Filesize: 1.75 MB

Reviews

This book is definitely not effortless to start on reading through but extremely fun to learn. Better then never, though i am quite late in start reading this one. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Aliya Franecki)

EAT DIRT: WHY LEAKY GUT MAY BE THE ROOT CAUSE OF YOUR HEALTH PROBLEMS AND 5 SURPRISING STEPS TO CURE IT



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HarperCollins Publishers Inc. Hardback. Book Condition: new. BRAND NEW, **Eat Dirt: Why Leaky Gut May be the Root Cause of Your Health Problems and 5 Surprising Steps to Cure it**, Josh Axe, Doctor of Natural Medicine and wellness authority Dr. Josh Axe delivers a groundbreaking, indispensable guide for understanding, diagnosing, and treating one of the most discussed yet little-understood health conditions: leaky gut syndrome. Do you have a leaky gut? For 80% of the population the answer is yes and most people don't even realize it. Leaky gut syndrome is the root cause of a litany of ailments, including: chronic inflammation, allergies, autoimmune diseases, hypothyroidism, adrenal fatigue, diabetes, and even arthritis. To keep us in good health, our gut relies on maintaining a symbiotic relationship with trillions of microorganisms that live in our digestive tract. When our digestive system is out of whack, serious health problems can manifest and our intestinal walls can develop microscopic holes, allowing undigested food particles, bacteria, and toxins to seep into the bloodstream. This condition is known as leaky gut syndrome. In **Eat Dirt**, Dr. Josh Axe explains that what we regard as modern improvements to our food supply including refrigeration, sanitation, and modified grains have damaged our intestinal health. In fact, the same organisms in soil that allow plants and animals to flourish are the ones we need for gut health. In **Eat Dirt**, Dr. Axe explains that it's essential to get a little dirty in our daily lives in order to support our gut bacteria and prevent leaky gut syndrome. Dr. Axe offers simple ways to get these needed microbes, from incorporating local honey and bee pollen into your diet to forgoing hand sanitizers and even ingesting a little probiotic-rich soil. Because leaky gut manifests differently in every individual, Dr. Axe also identifies the five...



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