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Happy Gut: The Cleansing Program to Help You Lose Weight, Gain Energy, and Eliminate Pain (Paperback)

By Vincent Pedre

HarperCollins Publishers Inc, United States, 2017. Paperback. Condition: New. Reprint. Language: English . Brand New Book. Following the success of the bestselling Clean Gut and Wheat Belly comes this essential guide to improving digestive health from an expert in functional medicine-who reveals why everything that ails us, from fatigue to weight gain to bloating and bad skin, can be traced back to the gut, and shares his cleansing plan to help us reclaim our health.Dr. Vincent Pedre understands gut problems firsthand. He suffered from IBS for years before becoming an expert in functional medicine and learning how to heal his body from the inside. Dr. Pedre used his own experience to develop The Gut C.A.R.E. Program-an approach that draws from both Western and Eastern methodologies, combining integrative and functional medicine-that has a proven success record in his private practice in New York. Now, for the first time, Dr. Pedre makes his revolutionary plan for health and wellness available to everyone.Happy Gut takes readers step-by-step through Gut C.A.R.E.-Cleanse, Activate, Restore, and Enhance-which eliminates food triggers, clears the gut of unfriendly pathogens, and replaces them with healthy probiotics and nutrients that repair and heal the gut. Rather than masking symptoms with medication,...



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