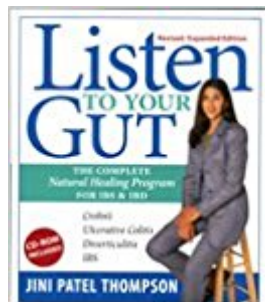




The book was found

Listen To Your Gut: The Complete Natural Healing Program For IBS & IBD, Revised Edition



Synopsis

This revised and expanded version of expert Jini Patel Thompson's complete natural healing program for irritable bowel syndrome and inflammatory bowel disease includes a 480-page hardcover book and accompanying CD. The companion CD contains helpful assessment and tracking tools including a Healing Journey Workbook, tests, charts, treatment plans and summaries, quick reference guides and a food diary.

Book Information

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Customer Reviews

This revised and expanded version of expert Jini Patel Thompson's complete natural healing program for irritable bowel syndrome and inflammatory bowel disease includes a 480-page hardcover book and accompanying CD. The companion CD contains helpful assessment and tracking tools including a Healing Journey Workbook, tests, charts, treatment plans and summaries, quick reference guides and a food diary.

Got this book for my father in law. I thought it would be insightful and helpful. I read a couple of chapters and thought it was a good purchase and worth reading and possibly trying her ideas.

I'm an ulcerative colitis patient, and bought this book and read it thoroughly and started implementing many of the mentioned protocols *religiously*. I realized the element diet was not effective for me, nor was the natren probiotics. Both of them caused me abdominal pains which I didn't have before starting them. I did find use of Udo's oil and L-glutamine effective, and agree on

the emotional healing and environmental changes concepts in her book. I did those and they helped in overall mental peace in me. In short note, not all of Jini's protocols are effective. Listen to your gut when following any protocol in her books. If you are like me with ulcerative colitis, be extremely careful as her methods were devised initially for Crohn's disease. For my experience, I am having slow but steady progress with David Klein's book 'Self Healing Crohn's and Colitis'

Excellent book. The author is much more knowledgeable than most doctors about the topics discussed. In fact the conditions covered in the are basically beyond most doctors today. Get this as a reference book for today and future reference also because this is just one more subject today's doctors cannot address.

Great book. Helped my Son with his malady

Life changing. Read it. I follow specific carb diet, very curative as well. Elemental: a SOLID tool. Healed also using TPN. Asorb plus unsweetened vanilla tastes great. Golden light meditation, two hands on belly, feeling the power center, highly recommended.

The book has you flipping from one section to another trying to piece together information which I found annoying and distracting. Very comprehensive and a bit overwhelming especially when someone is in the middle of a severe flareup. Probably best to familiarize oneself with content during time of remission.

Great book

Good Information. Timely arrival.

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Healthy Gut Book 1) The IBS Diet: How To Manage Your Irritable Bowel Syndrome Through Food For A Healthier and Happier Life (IBS Relief, IBS Solution) Conquering Irritable Bowel Syndrome: Essential Tips to Prevent, Manage, and Eliminate IBS Forever (Irritable bowel syndrome, Irritable bowel, IBS, IBS diet, stomach problems Book 1) IBS and ESSENTIAL OILS.: How to Treat IBS with Essential Oils, Fodmap, and Proven Simple Steps to Follow with List of 50 IBS Diet Recipes for Breakfast, Lunch and Dinner. Listen to Your Gut: Natural Healing and Dealing with Inflammatory Bowel Disease and Irritable Bowel Syndrome The Healthy Gut Workbook: Whole-Body Healing for Heartburn, Ulcers, Constipation, IBS, Diverticulosis, and More (The New Harbinger Whole-Body Healing Series) Is It Leaky Gut or Leaky Gut Syndrome: Clean Gut, Allergies, Fatty Liver, Autoimmune Diseases, Fibromyalgia, Multiple Sclerosis, Autism, ... & More (Digestive Wellness) (Volume 2) IS IT LEAKY GUT OR LEAKY GUT SYNDROME: Clean Gut, Allergies, Fatty Liver, Autoimmune Diseases, Fibromyalgia, Multiple Sclerosis, Autism, Psoriasis, Diabetes, ... & More (Digestive Wellness Book 2) The Gut Balance Revolution: Complete Digestive Health Program for a Healthy and Clean Gut (Abdominal Health Book 6) IBS-IBD Fiber Charts: Soluble & Insoluble Fibre Data for Over 450 Items, Including Links to Internet Resources Trust Your Gut: Get Lasting Healing from IBS and Other Chronic Digestive Problems Without Drugs Leaky Gut: 25 Easy Homecooked Healing Recipes For Thanksgiving & The Holidays: It's Time To Heal Your Leaky Gut With Easy To Prepare, Delicious Food! Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Healthy Gut Workbook: Whole-Body Healing for Heartburn, Ulcers, Constipation, Ibs, Diverticulosis, and More by Sierpina, Victor S. (2010) Paperback Natural Healing and Remedies Cyclopedia: Complete solution with herbal medicine, Essential oils natural remedies and natural cure to various illness. (The answer to prayer for healing) The Gut Health Protocol: A Nutritional Approach To Healing SIBO, Intestinal Candida, GERD, Gastritis, and other Gut Health Issues Happy Healthy Gut: The Natural Diet Solution to Curing IBS and Other Chronic Digestive Disorders

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