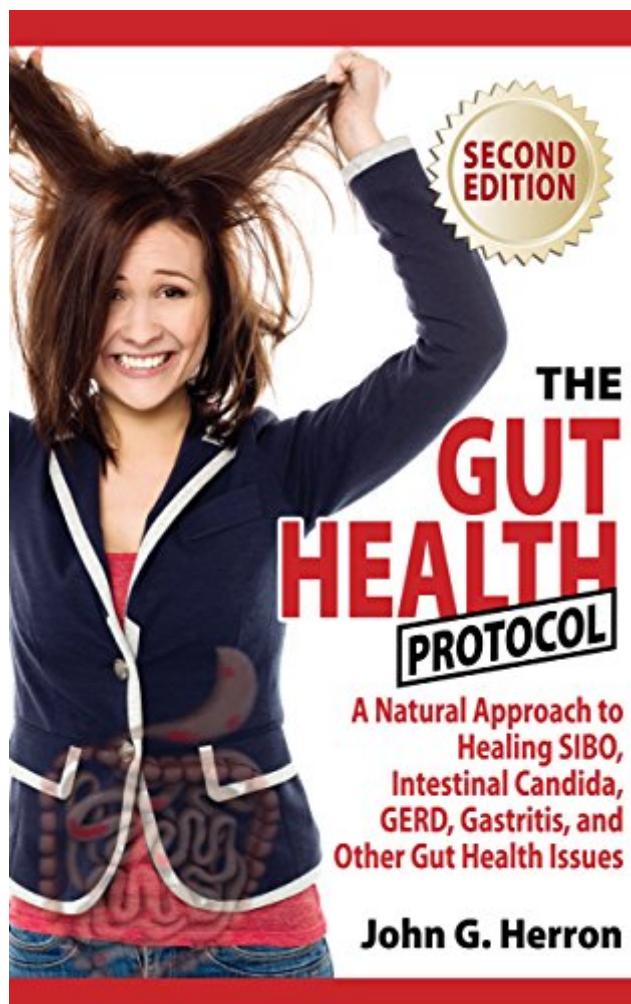


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The Gut Health Protocol: A Nutritional Approach To Healing SIBO, Intestinal Candida, GERD, Gastritis, And Other Gut Health Issues





Synopsis

Second Edition!â œTHANK YOU !!!! I have been suffering from IBS and SIBO for years I came across your "gut health protocol" and followed it to a T... and I truly have not felt this good in years !!!!! You have given me my life back !!!!! I never realized how sick I was, and I forgot how a healthy person should feel. I thought I had to live my life feeling the way I did. Not the case at all !! To everyone out there.... read the gut protocol, follow what is suggested...its so worth it !!!â • â " Jackie A.â œl've been doing John's protocol for the last two months and it has helped immensely with my SIBO. My bloating and stomach distention are pretty much gone, ditto stools pretty much normal and motility much better. I had a glucose breath test (unfortunately only for hydrogen) a couple of weeks ago and it was negative. I'm should say that I did the protocol full swing, all of the supplements and extra antimicrobials, as well as lifestyle changes. I'm not necessarily 100% better, but it's the first thing I've done beside a ridiculously restrictive diet that has actually helped me heal. In fact, previously my diet was slowly becoming more and more restricted. Give it a try, it's good stuff. And, hey John Herron, thank you!â • â " Michelle M.â œl would like to share that I have had such great success. My gut is probably about 90% better. I realize that it still probably has issues and this is a journey of healing and keeping it well, but I have had no bloating, belching, constipation or diarrhea, and limited moments of soreness. I feel that I am digesting my food and the shortness of breath, heart palpitations, and discomfort in my throat are gone too.â • â " Berea F.â œl just looked at your latest protocol and I have to say it is totally amazing! It seems more thorough than most of the 5 books I have read. Were/are you something famous for your job?â • â " Debbie H. The Gut Health Protocol outlines natural approaches to tackling dozens of stomach and intestinal health issues using only scientifically studied natural herbs, supplements and diet. Supplements commonly available in local health foods stores and at your favorite online retailer. Many common ailments often have gut issues as their underlying cause, conditions such as: recurring stomach aches, diarrhea, constipation, heartburn, IBS, acid reflux, nausea, eating disorders, eczema, obesity, Chronic Fatigue Syndrome and even major depression have all been linked to gut issues. The root of many of these problems can often be traced quite convincingly to Small Intestinal Bacterial Overgrowth (SIBO), intestinal candida albicans, h.pylori bacteria overgrowth in the stomach, bacterial dysbiosis throughout the gut or other secondary conditions that these infections cause. The Gut Health Protocol, and The Gut Health Diet, can usually resolve these issues, and without damaging antibiotics or steroids. Even if you choose to go the antibiotic route The Gut Health Protocol can make the treatment more effective and can help prevent serious complications. The book contains over 1200 published scientific studies summarized and explained in easy to

understand language, over 500 pages on paper. Unlike many self-help books nearly everything in the book is based on science, not opinion. The author takes all of this brilliant research and translates it to the practical application of healing and caring for our gut. The book is written in such a way as to allow your doctor to easily look up the research to validate the claims and treatment suggestions. No need to take the author's word for anything, you and your doctor can read the research. It is recommended that everyone works with a doctor to determine a treatment plan. Though everyone's condition is different, you can be feeling much better in as little as 2 weeks, naturally and without risky antibiotics. Be sure to visit The Gut Health Protocol support group on Facebook, there are thousands of members just like you, all helping each other.

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Customer Reviews

Very complete guide to how to go about managing SIBO. The author has also been very approachable on his facebook site and very helpful in my personal journey. He has clear cut supplement charts for each stage of the sibo battle, and seems to have done an exhaustive research on the topic in the scientific literature. I'm lucky I came across his site!

Update: Dec 23, 2016 After owning both editions of this book, I find that I reference it almost daily. The updated 2nd edition provides clear strategies on how to deal with vexing issues, and the wealth of information is invaluable.-----If you suffer from ill health and digestive disorders, you know how hard the road can be and how much (mis)information is out there. After reading nearly everything published for the past 15 years, this is one of the most valid, comprehensive books written on the topic. The book isn't filled with "easy" answers, but the information can set you on the right path to healing. If there are any cons of the book, it's that the information presented is pretty dense. I understand that no two gut problems are alike (and the conditions covered in the book are comprehensive) but it would be nice if there were "cheat sheets" to quickly explain the different protocols for people who simply are looking for a program to follow, or want to be told precisely what to do. Regardless, giving this book 5 stars as it is the one I trust and reference.

An exceptional book. It has all the information needed in all approaches to healing your gut. Very well backed by reviews and trials for the various components. I am making a pureynatural treatment for myself utilizing some of the research from the book. A great book to keep for any library.

This book is SO SUPER INFORMATIVE! It is also a very easy read... I read it in about 3 days! John is SO knowledgeable about gut health and everything he writes is backed up by scientific references. I consider myself pretty well versed in the gut health world as well, due to personal research and experiences but I often feel so overwhelmed by all the contradicting information that is out there. I have been trying to heal my gut for years to no avail until I stumbled upon this book! John explains and organizes the information so well and although I am about to try the protocol for myself, I finally have HOPE! :)

Brilliant. If you need documentation as to why this protocol works...run don't walk and buy this book.

Super informative with very practical advise. Cant wait to try this protocol as I've tried "pieces" of this plan on my own to heal SIBO and h. pylori, but now will have a chance to attack it more comprehensively. Thank you for the great information!

I am using this book to help guide me on the path to (hopefully) clear SIBO from my digestive

system. John Herron has done a truly amazing amount of research and provides many resources to all who open this book. I highly recommend it as a tool in your struggle to regain a healthy gut. The Gut Health Protocol shows us once again, the power of one person to change and improve the lives of many.

I have been battling SIBO, SIFO, IBS, constipation... you name it, for several years (some things my whole life) and this book has seriously turned my life around in a matter of 6 weeks. I am a huge researcher and with experiencing little to no help from doctors test after test, I now try very hard to advocate for myself. John has taken all the research I have read over the last year and brilliantly organized it in this easy to follow protocol. I have been following it to a T and for the first time in forever I don't have a pregnant looking belly, have become regular, sleep better, become hungry again, don't have acid reflux, my hair is growing back, I don't randomly itch all over, reduced brain fog and anxiety, lower pain, improved Thyroid... I mean you name it! I can't remember the last time I felt this good. Everything has improved. Yes, being so strict with eating has its social downsides but it has certainly been paying off. Buying and taking all the supplements can be overwhelming, especially looking at the bill but in all honesty has been cheaper than any of the awful tests the doctors have tried running on me. I tried 4 rounds of antibiotics prior to this protocol with no success and worsening symptoms. I will continue to follow John's protocol, probably for life. I seriously wish I could have given every dime I've spent on ridiculous tests and specialists right to John, because he deserves it. Thank you, John! PS he has a Facebook forum page and personally responds to endless questions every day, super helpful!

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