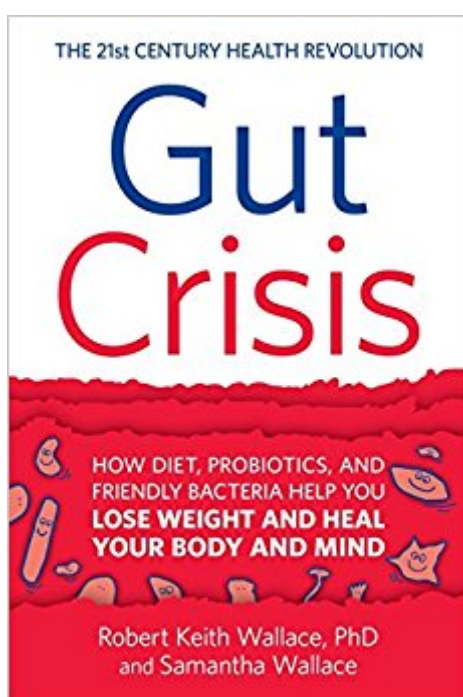


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# Gut Crisis: How Diet, Probiotics, And Friendly Bacteria Help You Lose Weight And Heal Your Body And Mind



## Synopsis

Gut Crisis is the ultimate guide to gut health. Poor food quality, the overuse of antibiotics, and other factors are creating an imbalanced state in your gut bacteria and damaging your gut lining. This eventually leads to inflammation that underlies chronic health conditions such as obesity, diabetes, autoimmune disease, heart disease, and degenerative brain disorders. This book reveals a hidden health crisis taking place around the world and talks about the most recent and effective treatment programs. It gives practical advice based on what the ancients have known for centuries: by healing your gut through diet, lifestyle, and simple procedures, you can heal your body and mind. Gut Crisis includes practical issues that affect everyone: What disorders are caused by an imbalanced state of gut bacteria? How do gut bacteria affect your cravings and emotions? What are the effects of probiotics? What is your personal Gut/Brain Nature? What can you do to heal your gut?

## Book Information

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## Customer Reviews

ROBERT KEITH WALLACE is a pioneering researcher on the physiology of consciousness. His work has inspired hundreds of studies on the benefits of meditation and other mind-body techniques, and his findings have been published in Science, American Journal of Physiology, and Scientific American. After receiving his BS in physics and his PhD in physiology from UCLA, he conducted postgraduate research at Harvard University. Dr. Wallace established the first Maharishi Ayurveda clinics in America, in Fairfield, Iowa; Los Angeles, California; and Washington, DC. He is the director of one of the first master's degree programs in Maharishi Ayurveda and Integrative

Medicine in the US. He serves as Professor and Chairman of the Department of Physiology and Health, Director of Research, and Trustee of Maharishi University of Management (MUM) in Fairfield, Iowa. The author of several books, Dr. Wallace has given hundreds of lectures on Maharishi Consciousness-Based education and health programs around the world. SAMANTHA WALLACE grew up in Ottawa, Ontario, and Long Lake, Quebec. She had a successful career as a model, appearing on the cover of Vogue and other magazines and worked with the great photographers of her time, notably Avedon and Penn. In the summer of 1973, she began to practice Transcendental Meditation. Devoted to her family and to her practice of meditation, Samantha helps write and edit her husband's books, and is presently finishing her own book.

This book is for everybody with a digestive system! Everybody! Well researched, creatively written, this book addresses the microbiome in a very digestible format that can immediately be put to use. Personally, I simply bought one of the unrefrigerated Garden Life products and from the very first day the functioning of my digestive system became more comfortable. I highly recommend this book for everyone!

It is a beautiful conversational book about health. It brings into focus the enormous importance of the health of the digestive system, or the GUT. Too many people are dying of heart attack, cancer, and the like. The digestive system is at the root of many of these diseases. The alimentary canal has a huge ecosystem of 10 trillion microbes. Most of the microbes are good, perhaps over 90%. Taking antibiotics kills all kinds of bacteria, good and bad. Therefore, one needs to take probiotics to regenerate the fauna within the gut. The digestive system gets inflammation when there is mental stress. IBD and IBS are some of the autoimmune diseases that ensue. A large part of this book is written in Q&A style so one can get one's most fundamental questions answered about gut health. This book covers a vast range of topics including epigenetics; it also reviews many other conversational books on health, such as The Prime, The Plant Paradox, Fat for Fuel, and many others from the perspective of Gut health. The author has great expertise in the use of meditation techniques to improve health, and calm down the gut. This is a great book for the busy person, who wants a quick and wide-ranging review of one of the hottest topics in health these days.

Here, for the first time I found a very "digestible" and completely fact-filled informative read on gut health. This book is scientific, and unbiased-- (the authors are only promoting understanding and health not products!) --and most importantly a clear, highly understandable, guide to how the gut

and digestive process impacts our health and how to make it better. It really helped me understand issues like IBS, bloating, weak digestion, gluten intolerance etc. It is also so practical in its recommendations and pathways to better health. The authors point out that so many people have problems in our modern society with digestion, this book not only outlines what they are, but also gives proper guidance on approaches to take to optimum health. This book presents an integrated medical approach and is not just in one camp of modern medicine vs. natural medicine. It is not just general information but contains ways to evaluate your own individual situation. I found it really helpful for my situation and would say that the book is a must read if you value your health and well-being.

Received my copy yesterday! Beautiful book and the three "characters" Q&A idea is darling. Fascinating info even a few pages in. Seriously, life-changing info. Will write more after I've experimented on myself.

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