



# Gut Check: The Inside Truth On Restoring Your Digestive Health

*Dr. Robin Terranella*

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## Gut Check: The Inside Truth On Restoring Your Digestive Health Dr. Robin Terranella

Are you struggling with digestive problems that seem to drag on and on? Tired of simply “coping” with upset stomach, gas or bloating, bowel irregularity, abdominal pain, or sluggishness on a daily basis? Get ready to finally heal your digestive problems naturally, using the only practical, comprehensive guide available! Our digestion is a crucial element to our body’s overall health; from absorbing vital nutrients and vitamins to ridding our body of toxins on a daily basis – without proper functioning, our entire body suffers. In fact, our bodies require specific combinations of nutrients, minerals and vitamins to function effectively – if our digestion isn’t working properly, neurological, cardiovascular, metabolic, immune, psychological and endocrine functioning can be significantly impaired. Unfortunately, for most people – visiting a conventional doctor won’t actually help the underlying issue; modern medications (like acid blockers) are designed to simply suppress digestive functions instead of correct them. For those suffering from digestive difficulties these medications lower the efficiency of nutrient absorption, furthering your health and digestive problems. If you’re ready to stop suffering through the pain, aggravation and discomfort of digestive problems—this book is here to help you. This book is the only book designed to help you understand the functions of digestion and assist in finding a solution when things go awry. Dr. Robin Terranella helps you understand what’s going wrong within your body and arms you with the ability to finally fix your ongoing issues forever—without needing to use medications to cover up the symptoms.. It doesn’t matter if you have occasional bowel irregularity, gas and/or bloating, or serious and chronic digestive issues – you’ll learn how to optimize your gut health and improve your overall health. In fact, this book contains the same EFFECTIVE treatments Dr. Terranella has implemented for hundreds of his patients; from fixing gas and bloating to chronic headaches, improving mood and energy, eliminating allergies or even ongoing pain (all seemingly unrelated) using natural and effective treatments. You’ll learn how to recognize the most common digestive disorders, implement the easy-to-use and understand natural solutions effortlessly. With high-resolution photographs, pictures and illustrations – getting well has never been this simple. This is NOT another health or diet fad book; it’s an invaluable reference for a difficult subject. With the professional, expert advice, you’ll never be left guessing what might work; you’ll have a complete guide on optimizing your bowel function, preventing disease and discomfort and achieving overall health and wellness. Discover practical solutions to the most common gastrointestinal disorders (including some “seemingly unrelated” conditions) and the current, relevant testing, diagnosis, nutrition and natural therapies that will help your health improve. Imagine being able to eat the foods you love, without the excruciating pain and discomfort that plagues you right now. Imagine being able to naturally cure the current symptoms you’re suffering with, right now – without needing medical intervention. Imagine, finally being free to live the life you want – pain free. You’ll discover: The most common issues that can occur with your digestion The physiology and anatomy of why these problems occur in the first place How to NATURALLY fix the symptoms and underlying digestive issues How to optimize your digestion to improve your overall health How to finally restore vitality to your digestive function using holistic, natural methods And Much, Much More! You don’t have to suffer in silence! Get the only book written by a doctor that can help you finally CURE your digestive issues naturally!



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