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No Guts, No Glory: Gut Solution - The Core of Your Total Wellness Plan

By Steven Lamm

Basic Health Publications. Paperback. Book Condition: New.

Paperback. 168 pages. Dimensions: 8.9in. x 5.7in. x

0.4in. Searching for true wellness Start with the gut.

Surprisingly, our gut is the source of many seemingly unrelated physical and mental disorders that afflict millions of Americans, such as kidney stones, asthma, ruptured abdominal aortas, and even cancer or heart attack. This is

above and beyond the 90 million people who have gastrointestinal problems each year. When it comes to the gut, most people assume that everything is fine until something

hurts. But by then the trouble has been brewing a long time. To

be really health savvy, it is important to understand the role

the gut plays in health which goes far beyond digestion and

then begin taking care of it. Internist Steven Lamm, M. D. , a

long-time advocate of moving from intervention to prevention,

proposes a three-step plan he calls The Gut Solution that works

in tandem with every other part of the body. The first step is

the Gut-Smart Eating Plan that focuses on natural foods like

raw vegetables and whole grains, which contain live digestive

enzymes that maximize absorption of nutrients and aid

regularity. The second step is detoxification, which...



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Reviews

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