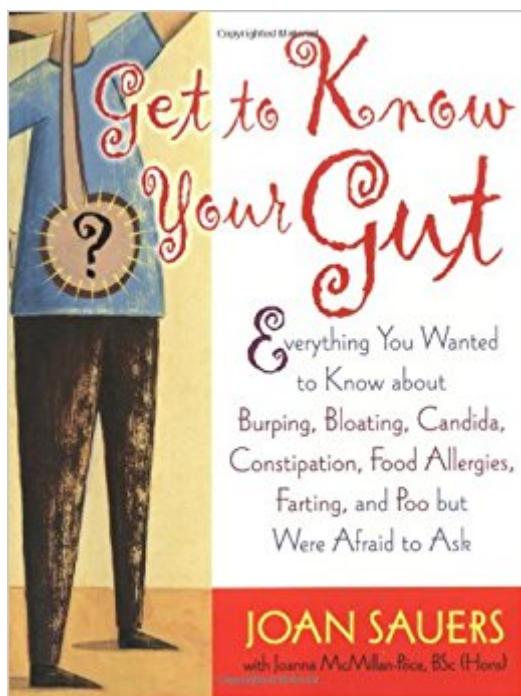


The book was found

# Get To Know Your Gut: Everything You Wanted To Know About Burping, Bloating, Candida, Constipation, Food Allergies, Farting, And Poo But Were Afraid To Ask



## Synopsis

In *Get to Know Your Gut*, Joan Sauers and Joanna McMillan-Price take a candid, often hilarious look at the inner workings of our gut, explaining to readers why their stomachs act the way they do and how they can avoid many "uncomfortable" situations. This indispensable book breaks down the bathroom door on previously taboo subjects, from bad breath to flatulence and every other digestive function in between, and offers straight answers to those awkward questions we all want to ask but just don't have the nerve; such as, Why do I need to go to the bathroom when I get scared? Why do I get constipated when I travel? What color should my poo be? What makes my breath smell bad?; and much more. Illustrated with useful, easy-to-understand diagrams and filled with lists of what to do and what not to do for a wide variety of tummy troubles, *Get to Know Your Gut* will help readers understand how their gastrointestinal system works and what they can do to help it run more smoothly and work better.

## Book Information

Paperback: 224 pages

Publisher: Da Capo Press (March 10, 2005)

Language: English

ISBN-10: 1569243700

ISBN-13: 978-1569243701

Product Dimensions: 5.5 x 0.6 x 7.2 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 3.4 out of 5 stars 4 customer reviews

Best Sellers Rank: #3,008,745 in Books (See Top 100 in Books) #101 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Candida #419 in Books > Health, Fitness & Dieting > Nutrition > Food Allergies #5171 in Books > Science & Math > Biological Sciences > Anatomy

## Customer Reviews

Just what color should your poo be, any way? I now know the answer. The subtitle *Everything You Wanted to Know about Burping, Bloating, Candida, Constipation, Food Allergies, Farting, and Poo* is an entirely accurate description of this helpful book. Author Joan Sauers combines scientific information with practical descriptions to provide a thorough and entertaining look at our amazing digestive systems. *Get To Know Your Gut* begins with a biology 101 overview of the digestive system, explaining how important it is to overall health and why strong emotions are felt in your

guts. The section on digestive disorders became a bit tedious because it is a long list, but the information on foods that can help or interfere with keeping things "moving along" is a great resource. If you have a particular digestive problem, you'll probably want something more detailed. For the average person who suffers the occasional tummy ache - and who doesn't? - this is a useful guide. I appreciated how the author endorsed traditional medicine while also emphasizing a holistic approach to taking care of your body. I have a whole new idea of how what goes into my mouth will at some point have a good or bad effect on how I feel. The book was nicely formatted for Kindle and a few simple diagrams were easy to view.

I ordered it when the doctor thought I had IBS. turned out I didn't and was glad because this book wasn't any help at all and I was sorry I'd ordered it.

This book is an interesting book that is light on science/medicine to back up what it says. It is a good overview and can be a starting place if you want to know more. It's an easy fast read due to the author's pleasant writing style.

thank you

[Download to continue reading...](#)

Get to Know Your Gut: Everything You Wanted to Know about Burping, Bloating, Candida, Constipation, Food Allergies, Farting, and Poo but Were Afraid to Ask Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) Farting Pokemon Coloring Book: 25 Hilarious Coloring Pages of Farting Pokemon: (Farting Animals Coloring Book, Farting Animals, Farting Pikachu) (Volume 1) Sex & Pregnancy 411: Everything You Wanted To Know About Sex While Pregnant, But Were Afraid to Ask! Bonus: Plus Extra Advice On Exercise, Travel And Work! ... Excerpt From the Best-Seller, Expecting 411 Music Theory for Guitarists: Everything You Ever Wanted to Know But Were Afraid to Ask (Guitar Method) Everything You Wanted to Know About Indians But Were Afraid to Ask Christina Cooks: Everything You Always Wanted to Know About Whole Foods But Were Afraid to Ask Let's Talk Bislama - Evri Samting Yu Wantem Save Long Bislama Be Yu Fraet Tumas Blong Askem - Everything You Wanted to Know About Bislama but Were Afraid to Ask - A Traveller's Guide to Vanuatu Pidgin Fight: Everything You Ever Wanted to Know About Ass-Kicking but Were Afraid You'd Get Your Ass Kicked for Asking Everything You Ever Wanted to Know About Cartooning But Were Afraid to Draw (Christopher Hart

Titles) Welcome to the Jungle: Everything You Ever Wanted to Know About Bipolar but Were Too Freaked Out to Ask The Food Intolerance Bible: A Nutritionist's Plan to Beat Food Cravings, Fatigue, Mood Swings, Bloating, Headaches, IBS and Deal with Food Allergies 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) Resistant Starch: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Flber, Healthy Gut Book 1) Newfoundland and Labrador Book of Everything: Everything You Wanted to Know About Newfoundland and Labrador and Were Going to Ask Anyway Calgary Book of Everything: Everything You Wanted to Know About Calgary and Were Going to Ask Anyway Edmonton Book of Everything: Everything You Wanted to Know About Edmonton and Were Going to Ask Anyway Montreal Book of Everything: Everything You Wanted to Know About Montreal and Were Going to Ask Anyway Ottawa Book of Everything: Everything You Wanted to Know About Ottawa and Were Going to Ask Anyway

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)