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# Digestive Health Now: The Four Week Plan To Heal Heartburn, Ulcers, Colitis, IBS And More



## Synopsis

Drawing on his extensive clinical experience, Andrew Gaeddert helps the reader make sense of natural healing techniques based on Chinese medicine, rotation diets, and anti-candida strategies. Case studies illustrate how the author's clients were able to reduce or eliminate their digestive problems, enjoy greater energy, and reduce discomfort. Gaeddert explores food sensitivities, developing tolerance for certain foods, and preventing food reactions. Useful appendices address obstacles to health, reducing fat intake, digestive-friendly grains, and food families. For the one out of three Americans who will have a digestive disorder in their lifetime, this is an accessible, step-by-step guide for dealing with digestive disorders.

## Book Information

Paperback: 120 pages

Publisher: North Atlantic Books (September 25, 2002)

Language: English

ISBN-10: 155643426X

ISBN-13: 978-1556434266

Product Dimensions: 5.8 x 0.4 x 8.8 inches

Shipping Weight: 5.9 ounces (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars 4 customer reviews

Best Sellers Rank: #3,127,548 in Books (See Top 100 in Books) #93 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Ulcers & Gastritis](#) #987 in [Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases > Digestive Organs](#) #1060 in [Books > Medical Books > Medicine > Internal Medicine > Gastroenterology](#)

## Customer Reviews

Andrew Gaeddert suffered from Crohn's disease and IBS. His search for therapies to treat his own symptoms led to the discovery of techniques which have made it possible for him to help thousands of other people. Mr. Gaeddert has studied nutrition, herbology, and Chinese medicine with masters from the U.S. and China. He has been on the protocol team of several scientific studies sponsored by the NIH Office of Alternative Medicine and the University of California. He is the author of *Chinese Herbs in the Western Clinic*.

This was full of good information but I was disappointed it didn't cover GERD in more detail and explain more about how to treat it at home WITHOUT antacid medications. I was so hoping I would

find out more about this topic having dealt with GERD for the past 5 years.

If you have a digestive problem or want to be healthy this book gives you useful information

An awful lot of advice....but nothing exacting. Don't think you are going to read this and be able to cure yourself. A lot of medical info is wishy-washy and often contradicted from one chapter to the next. With the level of Chinese medicine he is recommending...you still need a professional.

I wrote Healing Digestive Disorders to give hope to millions of digestive patients who are frustrated with their health. Healing Digestive Disorders has hundreds of effective treatments using Chinese and western herbs, supplements, diet and lifestyle tips, and an overview of western medicine. I suffered from both Crohn's disease and IBS. My search for therapies to help my own systems have made it possible for me to help thousands of people.

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Heartburn: Acid Reflux Cure: Get Heartburn, Acid Reflux Cured Naturally in 3 Week Step by Step Program (Heartburn, Heartburn No More, Heartburn Cured, ... Reflux Cure, Acid Reflux Help, Digestion) HEAL YOUR ULCERS: Gastric Ulcers, Stress Ulcer, Ulcer Pain, Ulcers Relief, Food for Ulcers (Including Ulcerative Colitis) Dr. M's Seven-X Plan for Digestive Health: Acid Reflux, Ulcers, Hiatal Hernia, Probiotics, Leaky Gut, Gluten-free Gastroparesis, Constipation, Colitis, ... & more (Digestive Wellness Book 1) The Complete Guide to Digestive Health: Plain Answers About IBS, Constipation, Diarrhea, Heartburn, Ulcers and More Irritable Bowel Syndrome: The Ultimate Guide to Eliminating IBS and Living a Healthier Life (The Ultimate IBS Diet Guide, Managing IBS for Real People, Take Control of IBS, Eating for IBS) Gastrointestinal Health Third Edition: The Proven Nutritional Program to Prevent, Cure, or Alleviate Irritable Bowel Syndrome (IBS), Ulcers, Gas, ... Heartburn, and Many Other Digestive Disorders Gastrointestinal Health: The Proven Nutritional Program to Prevent, Cure, or Alleviate Irritable Bowel Syndrome (IBS), Ulcers, Gas, Constipation, Heartburn, and Many Other Digestive Disorders, Third Edition Dr. M's Seven-X Plan for Digestive Health: Acid Reflux, Ulcers, Hiatal Hernia, Probiotics, Leaky Gut, Gluten-free, Gastroparesis, Constipation, ... & More (Digestive Wellness) (Volume 1) The Ultimate Guide to Crohn's Disease and Ulcerative Colitis: How To Cure Crohn's Disease and Colitis Through Diet and Exercise (Health, IBD, Irritable Bowel Syndrome, Colitis, Crohn's Disease) The Ulcerative Colitis Cookbook - The Simple Ulcerative Colitis Diet: The Awesome Cookbook for Ulcerative colitis Mayo Clinic on

Digestive Health - Enjoy Better Digestion with Answers to More Than 12 Common Conditions- Gerd, Ulcers, IBS, Crohn's Disease, Celiac, Diverticular, Gallstones, Pancreatitis, Liver Disease - Paperback - First Edition, 1st Printing 2000 The Healthy Gut Workbook: Whole-Body Healing for Heartburn, Ulcers, Constipation, IBS, Diverticulosis, and More (The New Harbinger Whole-Body Healing Series) Healthy Gut Workbook: Whole-Body Healing for Heartburn, Ulcers, Constipation, Ibs, Diverticulosis, and More by Sierpina, Victor S. (2010) Paperback Digestive Health with REAL Food: A Practical Guide to an Anti-Inflammatory, Nutrient Dense Diet for IBS & Other Digestive Issues Gastrointestinal Health Third Edition: The Proven Nutritional Program to Prevent, Cure, or Alleviate Irritable Bowel Syndrome (IBS), Ulcers, Gas, Constipation, ... and Many Other Digestive Disorders The Low-FODMAP Diet Cookbook: 150 Simple, Flavorful, Gut-Friendly Recipes to Ease the Symptoms of IBS, Celiac Disease, Crohn's Disease, Ulcerative Colitis, and Other Digestive Disorders PRILOSEC (Omeprazole): Treats Heartburn, Stomach Ulcers, Gastroesophageal Reflux Disease (GERD), and helps heal a Damaged Esophagus IBS and ESSENTIAL OILS.: How to Treat IBS with Essential Oils, Fodmap, and Proven Simple Steps to Follow with List of 50 IBS Diet Recipes for Breakfast, Lunch and Dinner. Conquering Irritable Bowel Syndrome: Essential Tips to Prevent, Manage, and Eliminate IBS Forever (Irritable bowel syndrome, Irritable bowel, IBS, IBS diet, stomach problems Book 1)

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