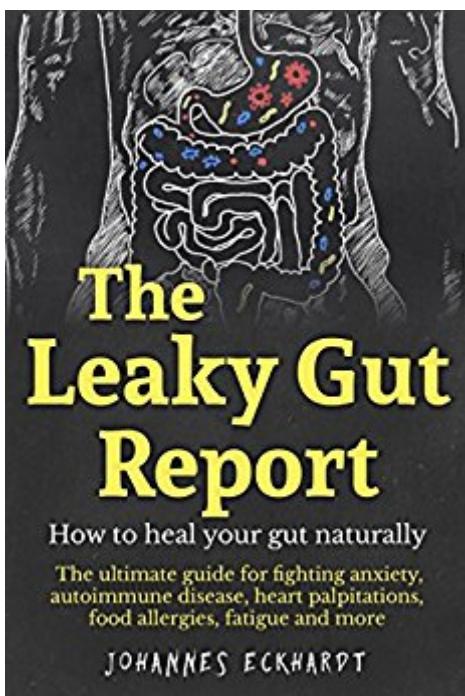


The book was found

# The Leaky Gut Report: How To Heal Your Gut Naturally - The Ultimate Guide For Fighting Anxiety, Autoimmune Disease, Heart Palpitations, Food Allergies, Fatigue And More



## Synopsis

â œAll disease begins in the Gutâ • wrote Hippocrates, the Father of Medicine, in approximately 400BC. Today, in this very moment, in every corner of the globe, there are thousands of people suffering from diseases that are likely to be caused by some sort of gastrointestinal problem. Many diseases can lead back to a condition called increased intestinal permeability or â œLeaky Gutâ •.Leaky gut is linked to many autoimmune diseases, such as lupus, rheumatoid arthritis, multiple sclerosis, thyroiditis and chronic fatigue syndrome amongst others. However, you donâ ™t necessarily need to have an autoimmune condition if you have leaky gut. You may experience issues such as heart palpitations, headache, brain fog, vision impairments, anxiety, depression, skin conditions, constipation, diarrhea, gas or bloating, skipped heart beats or ectopic beats. The list of symptoms is endless and that is what makes it so hard to diagnose. Some sufferers of leaky gut may eventually find the root cause of their problems and have a chance of healing. Most of them however, will continue to have one doctorâ ™s appointment after the other, and simply treat only the symptoms of this very under-diagnosed condition. They may dream of the magical day that all of their symptoms will vanish, but awaken in shock to find themselves standing in the same spot, often years later, with no real improvement. This easy-to-read book will help you to fight Leaky Gut. It will arm you with all of the information that you need to rid yourself of leaky gut and the ongoing suffering it may cause.The author, Johannes Eckhardt, was a leaky gut sufferer himself and managed to heal his gut after one and a half years of pain and distress. Johannes vowed that if he were able to one day heal himself, he would publish a book for other leaky gut sufferers to assist in their journey of overcoming this terribly under-diagnosed disease. The Leaky Gut Report will leave you with actionable content that you can instantly apply to your life and health.

## Book Information

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## **Customer Reviews**

This subject isn't getting enough serious attention by the medical institutions across the country. Gluten, glyphosate, antibiotics and the onslaught of ingredients we get from non-organic foods and beverages is making us sick. The people with Leaky Gut AND Celiac are the canaries in the coal mine for the rest of the human population. Personal accounts of Leaky Gut and recommendations helped me to realize I was not losing my mind. This short book confirmed I had a real and well documented ailment that only a small minority regrettably suffer with and do not get proper diagnosis for. Switching to gluten free will begin to help you find a road map to well being again. I did and still do battle the effects and symptoms of leaky gut...but recommendations found in information such as this were part of the changes and steps to recovery.

A friend of mine recommended this book a while ago. I was skeptical at first as neither myself or anyone in my family has been diagnosed with a leaky gut. It turned out to be great surprise, the writing is clear and the author makes it relatively easy to understand medical concepts the layperson is often unfamiliar with. It not only delivers straightforward how-tos to prevent and cure a leaky gut but also insightful tips on how one can live a healthier life. Definitely a great read that I would recommend to anyone interested in understanding more about our digestive system.

I enjoyed reading this. Written from a laymen's point of view, the author shares what he has learned in his own journey to heal leaky gut. Very informative!

Finally, someone who understands and who offers a ray of hope! I can only say thank you very very much!

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To Successfully Treat Chronic Fatigue Syndrome In The Natural Way-A Key For Recovery (Chronic Fatigue Syndrome, ... Syndrome Fibromyalgia, Lupus, Book 3) The Food Intolerance Bible: A Nutritionist's Plan to Beat Food Cravings, Fatigue, Mood Swings, Bloating, Headaches, IBS and Deal with Food Allergies

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