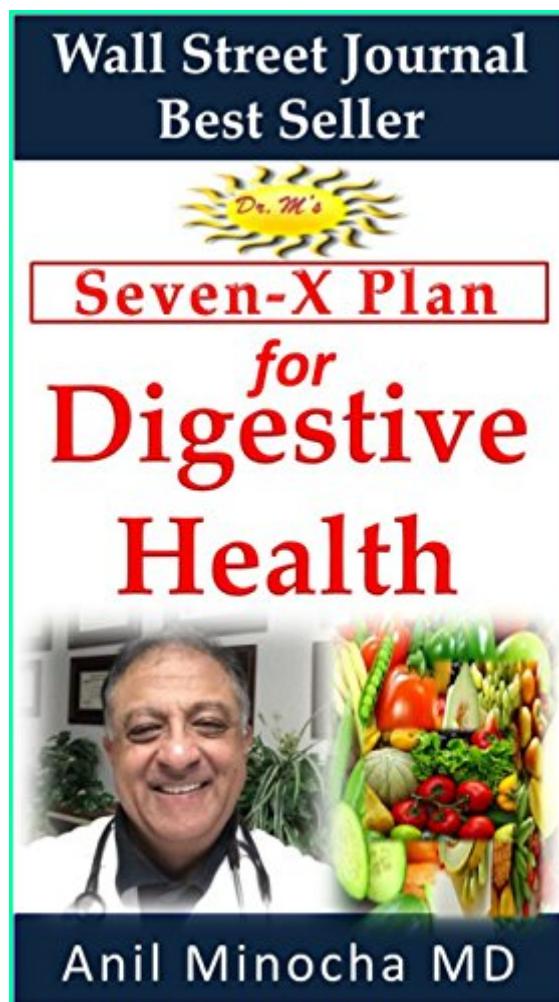


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# Dr. M's Seven-X Plan For Digestive Health: Acid Reflux, Ulcers, Hiatal Hernia, Probiotics, Leaky Gut, Gluten-free Gastroparesis, Constipation, Colitis, ... & More (Digestive Wellness Book 1)





## **Synopsis**

Transformative strategies! Wall Street Journal Best Seller! Change the way you think about your health. Are You Sick With Gut Imbalance & Immune Dysfunction? "All illness begins in gut." Renowned gastroenterologist EMPOWERS YOU with his innovative 7-step plan to boost metabolism, lose weight, flush toxins, re-energize body, heal damaged skin, and overcome autoimmune dysfunction. 1. Gut is the largest immune organ, and if stretched has surface area of one football field! 2. With about 100 million nerve cells in the gut, it has little brain of its own (Enteric Nervous System). 3. Trillions of bacteria reside in the gut. Only a single microscopic cell lining separates your body from these bacteria. The bacteria are in cross-talk with our big brain all the time. These bacteria, good and bad, affect your health 24/7 via the Gut-Immune-Skin-Brain axis. 4. Not only are chronic digestive illnesses widespread, there continues to be a rise of autism and allergies in kids, as well as chronic pain like fibromyalgia, migraine, and interstitial cystitis in adults. Arthritis, acne, and psoriasis are widespread. All of these are associated with high-intensity GI problems. Gut bacteria train and educate our immune system in early years so the immune system can differentiate between friend or foe. "Well researched and informative" says one reviewer. The roots of your future health were laid while you were in the womb and during your early childhood. Genes are only a small part of it! If you are at a loss as to what is wrong and why you can't be healthy, think about your gut. a. What is leaky gut and how can you strengthen it? What kind of foods should you avoid? b. Which probiotic should you take? c. What is a good way to do a colon cleanse, flush, and detox? d. Is there a natural treatment for IBS and other disorders? Do you want to be healthy, fit, fabulous and happy? Dr. M's 7-step gut restoration plan EMPOWERS YOU to reboot the frozen internal circuits of your body's hard drive to bring about total health, vitality and happiness in a New Healthy You. Today is the first day of the rest of your life. Time to get healthy is now. If not now, when?

## **Book Information**

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## **Customer Reviews**

This book is good as a reference for multiple digestive related diseases, their symptoms and treatments. Lots of information that feels like the summaries taken from the references provided after each chapter. I did not find out what "Seven-X Plan" really means. Key point is eliminate gluten, milk, sugar containing foods and use probiotics and herb supplements. Different for each condition of course. Basically experiment on yourself to figureout what helps. I also was amused on the statement: "Avoid the foods your ancestors avoided - they also stayed clear of chronic diseases like heart disease, diabetes, cancer" How far should we look for ancestors? Paleolithic, ancient, medieval, modern times? They all ate differently. First of all, we really do not know for sure what they ate and what quality and quantity, second, even when we know what they ate it might not be available anymore or may be modified to become completely different food, and third we do not know if our ancestors had those chronic diseases or not, they lived much shorter lives (25-40-60 years) so they just did not had chance to develop those diseases, they died of hunger, simple injury or childbirth. Please, STOP referencing our ancestors as an example of good nutrition, it was not good nutrition in any way.

An Outstanding Serious Work! Most of the diet Kindle books even though they are informative are just an overview and most often written by a overseas outsource writer. This powerful handbook is written by a world famous MD, Dr. Anil Minocha. Pay attention to this work as it seems that the information contained will put you into the health breakthrough of the future, today. I write diet recipe books and I feel it is my job to read and study health breakthroughs and most important diet. Mark

my word the good doctor's Seven-X Plan will be modeled by many and released under a new diet names.What information you need to know is about digestive health. It was not that long ago that it was discovered that ulcers, that has been an incurable health problem for years, was a simple bacteria in the stomach and it could be cured with a standard antibiotic pill in about three week. Ulcers was a digestive problem but no one looked..This book takes you on the long ride to digestive health. It is a hard book to review as there is nothing that can be covered quickly. Dr. Minocha covers in simple easy to understand language the reason why Seven-Plan works. You learn about gut-bacteria (you will be hearing a lot about this soon, watch the health news.) and how it is affecting your life.The doctor also steps outside today's box to bring you new ways to handle the digestive problems. And by the way you will learn what many problems you would not think of being digestive can be cured (?) by simple changes in your diet.Acid Reflux, Hiatal Hernia, Constipation, Irritable Bowel, and Gas are just a few of the problems covered. You will be surprised, at least I was, discovering if a vegetarian diet really healthy? Is organic food more nutritious then conventional food? The real answer is no, a recent study from Sanford University showed organic food is not more nutritious but you will learn why it is very important to eat organic food. I could write a book on what I learned from this work. In fact I am sure someone will. It will definitely affect my future writing on health and food.If you care about your health, even if if you are not looking for a new diet, you should read this book. It will open your eyes to say the least.Highly Recommended!

For 14 years docs could not pinpoint my disorder or offer treatment. Not even Mayo Clinic. After reading the book, taking notes and attempting to follow the recommendations, I saw a SIGNIFICANT improvement in 48 hrs! I'm a believer!!!

This is without a doubt, the most comprehensive book on gut health issues I've ever read. While there are some healing choices that are not for me, such as hypnosis & ayurveda practices, all alternatives are discussed. Many books written by self appointed experts do not include the science to back up their claims. People continue to buy their books (and everything else they sell), because we are desperate for answers. This is a different approach. This doctor has nothing to sell. He provides clear, understandable information, and options for treatment. I cannot believe this book cost me 99 cents! Invaluable guide. Thank you!

I am thankful to Dr. M for sharing his knowledge with all of us via this well written book that explains everything in layman terms about the digestive system. Not many doctor / medical terms are used

which an ordinary person cannot understand . The best part is it does not confuse a person with big medical terms. This book is a must have for all moms too. It is amazing how the writer / Dr. M has expressed his knowledge that is easy to take in and correlate it to our daily health issues. Manu

Dr. Minocha is one of the foremost and knowledgeable doctors I have ever read. The book makes for an easy yet very informative read. Dr. M is one of the only few physicians' in this field who has holistic knowledge about not only mainstream medicine but also has profound knowledge about alternative/complementary medical fields. Specially in the day of GMO's and ever changing food industry!, not only the general public, but also every doctor should read this book. Thank you Dr. M, you have filled the void in this field of medicine which is hardly taught in the medical schools. Appreciate the fantastic and successful effort. And this review comes from a practicing Cardiologist. Great read, buy it, read it, remember it.

This book had more useful information than I get at my GI docs office. And he works at Stanford! If you have IBS (like my Mom) or gastroparesis (like me) READ THIS NOW!!! And if its gastroparesis, get some Iberogast, too. Why wasn't I told about that stuff 6 years ago?!!! He also straightens out the whole, confusing mess about probiotics. Best \$2 I ever spent!

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Aromatherapy, Vitamins, Supplements) Gluten Free: Gluten Free Diet for Beginners: Create Your Gluten Free Lifestyle for Vibrant Health, Wellness & Weight Loss (Gluten-Free Diet, Celiac Disease, Wheat Free, Cookbook Book 1) HEAL YOUR ULCERS: Gastric Ulcers, Stress Ulcer, Ulcer Pain, Ulcers Relief, Food for Ulcers (Including Ulcerative Colitis) Reflux: Finally free: Stop heartburn and excessive acid in less than a week with these 3(+1) natural methods along with a tasty diet. (Acid Reflux) Leaky Gut: 25 Easy Homecooked Healing Recipes For Thanksgiving & The Holidays: It's Time To Heal Your Leaky Gut With Easy To Prepare, Delicious Food! Your Nutrition Solution to a Healthy Gut: A Meal-Based Plan to Help Prevent and Treat Constipation, Diverticulitis, Ulcers, and Other Common Digestive Problems Heartburn - Fast Tract Digestion: LPR, Acid Reflux & GERD Diet Cure Without Drugs | Surprising Truth about the Cause of Acid Reflux Explained (Clinically Proven Solution) No Healthy Guts, No Glory - How to Treat and Cure Diarrhea, Acid Reflux, Constipation, Gas, Nausea, Ulcers, Menstrual Cramps, and Stomach Flu Gluten Free: Vegan Cookbook: Nutritious and Delicious, 100% Vegan + Gluten Free Recipes to Improve Your Health, Lose Weight, and Feel Amazing (Gluten Free Diet Cookbook, Gluten Intolerance Book 3) Digestive Health Now: The Four Week Plan to Heal Heartburn, Ulcers, Colitis, IBS and More Resistant Starch: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut Book 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 Big Gluten-Free Bread Cookbook Vol. 1: Feel the Spirit in Your Little Kitchen with 500 Secret Holiday Bread Recipes! (Vegan Gluten Free Bread, Gluten ... Cookbook,...) (Gluten-Free Bread Territory)

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