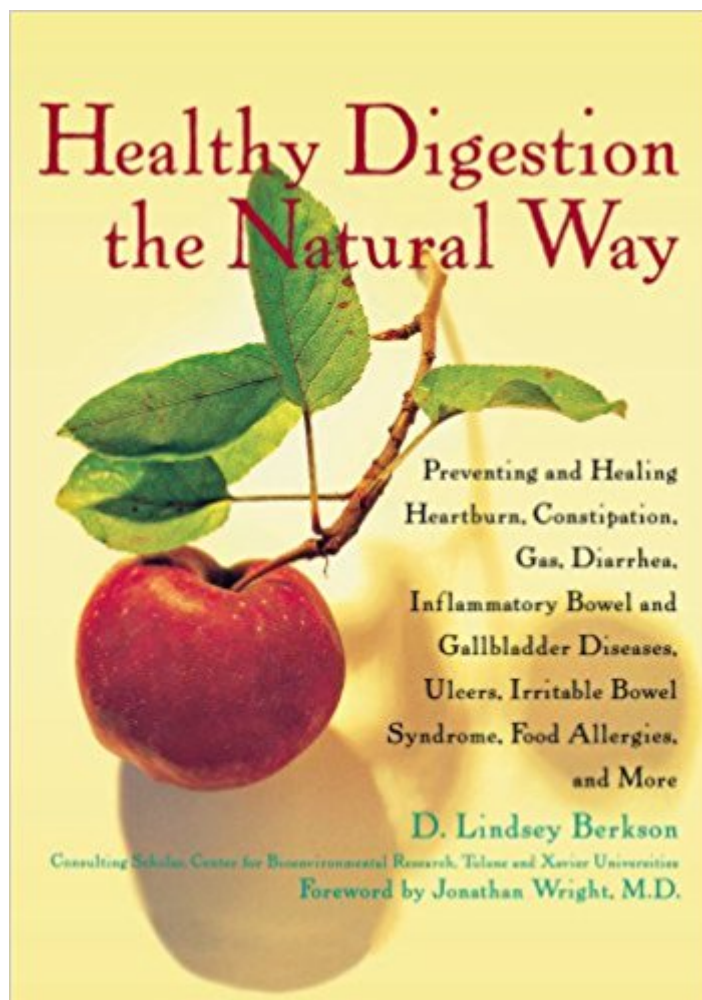


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# Healthy Digestion The Natural Way: Preventing And Healing Heartburn, Constipation, Gas, Diarrhea, Inflammatory Bowel And Gallbladder Diseases, Ulcers, Irritable Bowel Syndrome, And More





## Synopsis

A complete guide to healing your digestive problems, once and for all--safely, inexpensively, naturally Good digestion is fundamental to good health, and even such common problems as chronic heartburn and gas can have harmful effects on virtually every cell in your body. Quick fixes such as over-the-counter and prescription medications don't address the real causes of the problems: they only mask symptoms. Nature, on the other hand, offers a variety of gentle, readily available remedies that not only treat underlying digestive problems but also help to promote overall well-being. Learn about natural solutions and how to put them to work for you in *Healthy Digestion the Natural Way*. Dr. D. Lindsey Berkson clearly and simply explains the normal digestive processes and what can happen to interfere with them. Then, drawing upon her decades of research and clinical experience successfully treating thousands of sufferers of digestive problems--many of whom had exhausted all the standard medical solutions--she provides:

- \* Easy-to-follow programs for correcting digestive problems without drugs
- \* Specific treatments for gas, heartburn, constipation, inflammatory bowel disease, ulcers, gallbladder disease, food allergies, and more
- \* Natural remedies, including diet, exercise, mind-body and breathing techniques, and reflexology
- \* Guidelines on how to design a naturally healthy diet tailored to your unique physical makeup, problems, and tastes

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## Customer Reviews

"I respect Dr. Berkson for her brilliant integration of science and how to use nutritional research in

ways most doctors have never considered." --Barry Taylor, ND, Founder of New England Family Health Center and Author of Love Your Body"[This book]" offers the most up-to-date science combined with nutrition that most doctors, even gastroenterologists, don't know. . . . Berkson looks and entertains like Hollywood, inspires like a motivational speaker, and has the accuracy of a high-level scientist, which is how I regard her. She is the real deal and so is this book. --Jerome Block, MD, PhD, Founder of Integrations Health Center, Host of All Things Medical, Author of The Doctor Within --"Dr. Lindsey Berkson is one of the leading world's authorities on integrative gastroenterology, offering some of the most effective, natural protocols available. --Pamela Smith, MD, MPH, President of the American Academy of Anti-Aging Medicine"[This book] provides valuable insights into natural protocols for digestive disorders. It also presents nutritional science-based guidelines that Dr. Berkson has originally put together on how to maintain healthy intestinal function for everyone." --Alan Gaby, MD"Dr. Berkson is a leader and educator who connects the dots, resulting in synthesis of material that clarifies not just the principles of physiology and pathophysiology but the clinical action that should be taken to optimize health. . . . I am so excited to see many of these protocols and this connect-the-dot nutritional science in one labor of love in [this book]. --Christine Green, MD --This text refers to the Digital edition.

A groundbreaking, comprehensive guide to healing your digestive problems, once and for all safely, inexpensively, and naturally --now completely updated. --This text refers to the Digital edition.

I bought this book after noticing my lifestyle, due to stress, taking a toll on my health. It was a refresher course in natural health for a natural body, something I practiced early in life but have fallen away. Now, I'm back on the road to recovery without the side effects and cost of drugs. This book is very insightful of the workings of the digestive system and properly addressing malfunctions of said system. The author directly presents these issues in a simple format: states the problem, explains causes and offers suggestions for healing without drugs. As stated on the book's cover, "A complete guide to healing your digestive problems, once and for all--safely, inexpensively, naturally...Good digestion is fundamental to good health...."At age 60, I find this book refreshing because it delivers me out of an unnatural lifestyle that I have allowed to be a distraction to good health.

Like many others who tried this book, I was having chronic digestive issues and was ready for something new. And, like others I got into the book and found I had conflicting problems that seem to preclude trying the remedies in the book. First, I'd say when we find ourselves in this state, we've usually abused our guts either with food, some nasty bacteria we ingested, medications (not just antibiotics) or by listening to traditional doctors whose only source of nutritional education is their pharmaceutical reps. So we can take her general recommendations, give those a try, eat better food, and see what happens in a couple of months. And if that doesn't help, dig a little deeper online. Ms. Berkson is out there. I found her, hired her, and got the help I needed. She was kind, insightful, and worth every penny. I hope all of you find healing.

This book saved me from a life-long aching back! I read the symptoms of different causes and made changes. This was the first step in the process. The second step was finding out what foods to eat. I realized I was eating many of the wrong foods. I changed my diet, have lost weight and haven't had a back-ache since while saving me from many doctor's visits and being prescribed medications that didn't help.

I bought this book mainly for 2 reasons: 1. Gallbladder information & background to the issue & 2. Because it had some helpful insight onto what to do as far as cause and effect to the gallbladder issue. I mainly bought it for the gallbladder issue, however I've found it do be helpful for all the topics and chapters it has to offer about other health issues.

Finally a helpful book anyone can understand. Lots of informative sections on everything from gallbladder attacks, IBS, to ulcers. I often refer to this book whenever I am not feeling well. I have owned it for a year now and will never part with it. I also recommend NO MORE HEARTBURN, by Sherry Rogers, M.D. Why don't doctors spend more time educating their patients about healthy digestion and bowel function? If we all understood more, maybe we'd eat better. Everytime I'd gone to the doctor with pains, they'd shoved Prilosec, Nexium, or some other "P" antacid on me. I only got worse. Once I began following the advice in this book by Berkson, the whole world improved.

I bought this book because it had very good reviews, but I have to disagree with most of them. I found this book confusing/overwhelming. I purchased it for the purpose of better controlling my acid reflux (I actually purchased three books, and this was my least favorite). I think the confusion MIGHT be due to the fact that I read it front-to-back (which is how the author suggests to read it),

but I think it would be far easier to skip around to your specific digestive issue because otherwise you become a hypochondriac and are taking a lot of contradictory advice. The book asks you to read the first few chapters, which give general information on the digestive system and some general advice and THEN goes into details on specific problems (such as heartburn). By the time you have finished those first few chapters, you are a bit overwhelmed with information and convinced you have every single possible digestive disorder and want to try every single diet and food suggestion listed. But then you read your individual chapter (i.e. on heartburn) and some of the information conflicts and you are left feeling a bit incomplete. I'm having a hard time reconciling the information from the first four chapters with my problem-specific chapter. There are a total of four chapters in the first section (the general information on digestion), followed by several chapters on the various digestive problems (gas & bloating, heartburn, constipation, diarrhea, diverticular disease, hemorrhoids, inflammatory bowel disease, peptic ulcer and the inflamed stomach, gallbladder disease, IBS, parasites, Candida candidiasis, colorectal cancer & AIDS). Each problem gets its own chapter. I think it would have been much easier to read if it was organized in the exact opposite manner. This is especially true because the beginning goes through all of the foods you should eat for each various condition, but then you hit your section (again, heartburn in my case), and find out you cannot eat many of those foods mentioned in the first few chapters. (For example, peppermint is discussed at one point (not in the heartburn chapter) but anyone with heartburn knows that it is bad for acid reflux.) One of my problems is that the book very heavily promotes yogurt/kefir, which I independently discovered causes much of my heartburn. This makes you feel like a failure because it is mentioned so many times in the book as such a beneficial food to fix so many problems. Overall, if you are a vegan or gluten free, I think this book might be a bit limiting. You could probably find a different book that is more tailored to your needs. Anyhow, even though the book is titled 'natural', the various chapters recommend pills (be it simple things such as fiber tablets, vitamins and minerals, or a bit more complicated such as hydrochloric acid and digestive enzymes). In my mind, 'natural' would be direct food sources (i.e. tell me to eat a bunch of celery or whatever other source of fiber is preferred rather than a tablet). But that could be a matter of definition, of which I am clearly not an expert. So maybe those items still fit neatly in the term 'natural'. The final three chapters cover elimination diets (figuring out your food allergies- the author suggests that whatever foods you both love and eat every day you might be causing your allergies and to eliminate them and see how you feel), using digestive enzymes and stomach acids, and on detoxification programs. The book is sprinkled with amazing feel good stories (for example, one story was about a woman with back problems. She got her constipation under control, and her back healed on its own.

These stories made me wonder if all of my aches and pains are due to my digestive system and not aging/bad posture/joints, etc. Or if the stories are just sheer coincidences- that is the problem with our complicated bodies, I suppose.) I definitely think there is some good information in here, and I found myself reading a lot of it out loud to various family members, but it would be much easier to read if it was better organized. Of the three books I purchased, I read the other two immediately and straight through. This one took me several days and I felt confused rather than clarified at the end. I've been trying to finger exactly why I disliked this book, and I'm just not sure. I think, with so much information, perhaps it should have included an index which cross referenced all of the foods and showed which foods were acceptable for each problem and which were not. My advice would be to only read you specific 'problem' and skip the other chapters so that you do not overwhelm yourself with too much advice.

Great book very helpful. Wish I would have ordered years ago.

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Irritable Bowel Syndrome: Cure Irritable Bowel Syndrome Naturally And Live Free From Irritable Bowel Syndrome For Life (Natural Health Healing And Cures)  
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  
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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  
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Plain Answers About IBS, Constipation, Diarrhea, Heartburn, Ulcers and More Irritable Bowel Syndrome: Natural and Herbal remedies to cure Irritable Bowel Syndrome The Healthy Gut Workbook: Whole-Body Healing for Heartburn, Ulcers, Constipation, IBS, Diverticulosis, and More (The New Harbinger Whole-Body Healing Series) Listen to Your Gut: Natural Healing and Dealing with Inflammatory Bowel Disease and Irritable Bowel Syndrome No Healthy Guts, No Glory - How to Treat and Cure Diarrhea, Acid Reflux, Constipation, Gas, Nausea, Ulcers, Menstrual Cramps, and Stomach Flu LINZESS (Linaclotide): Treats Irritable Bowel Syndrome with Constipation (IBS-C) and Chronic Idiopathic Constipation (CIC) Low FODMAP: The Low FODMAP Diet Slow Cooker Cookbook (IBS, Irritable Bowel Syndrome, Crock Pot Recipes) (Managing Irritable Bowel Syndrome Cookbooks 2) Healthy Gut Workbook: Whole-Body Healing for Heartburn, Ulcers, Constipation, Ibs, Diverticulosis, and More by Sierpina, Victor S. (2010) Paperback The Doctor's Guide to Gastrointestinal Health: Preventing and Treating Acid Reflux, Ulcers, Irritable Bowel Syndrome, Diverticulitis, Celiac Disease, ... Pancreatitis, Cirrhosis, Hernias and more The Doctor's Guide to Gastrointestinal Health: Preventing and Treating Acid Reflux, Ulcers, Irritable Bowel Syndrome, Diverticulitis, Celiac Disease, Colon ... Pancreatitis, Cirrhosis, Hernias and more

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