



## Optimal Digestive Health: A Complete Guide

By Trent Nichols, Nancy Faass

Inner Traditions Bear and Company, United States, 2005. Paperback. Book Condition: New. 2nd Revised ed.. 223 x 152 mm. Language: English . Brand New Book. A comprehensive and integrative approach to achieving digestive health using mainstream, complementary, and alternative therapies Offers complete information on herbal and homeopathic remedies, supplements, diets, medical tests, and environmental toxin reduction Includes a step-by-step diet to help readers moderate their carbohydrate intake and balance blood sugar levels Contains effective therapies for 30 digestive disorders, from candida to ulcers According to the National Institutes of Health, more than 90 million Americans suffer from digestive disorders. Drawing on the expertise of 25 practitioners, Optimal Digestive Health explores the symptoms, possible causes, medical testing, and effective treatments for 30 digestive disorders, from candida and colitis to ulcers. In addition, the authors explain the role digestion plays in many other health conditions, such as arthritis, fibromyalgia, headaches, mood swings, immune function, and skin problems. They provide clear information on detoxification, food allergies, and environmental factors, as well as meditation, qigong, and yoga. A step-by-step diet is offered to help readers moderate their carbohydrate intake and balance their blood sugar--keys to health and weight loss. Optimal Digestive Health demystifies the...



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