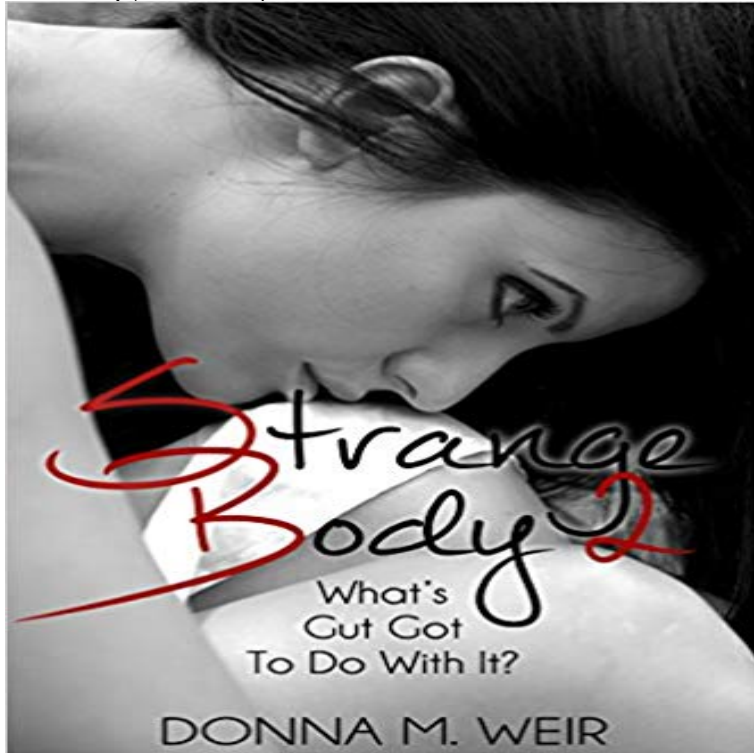


Strange Body 2: Whats Gut Got To Do With It?



This book is part of a series in relation to autoimmune disorders and leaky gut syndrome. While the digestive system is just one of the triggers that can cause autoimmune diseases to develop, it is worth discussing as it plays such a vital role in our health. It is also something that we can control and keep from happening if we can turn away from eating non-nutritional foods. This book subject matter centers solely around the gut and its central role in developing autoimmune diseases but even if one is not pre-disposed to autoimmune disease it can be used as a health guide for gut reform and overall well-being. Many topics will be discussed in this portion of the series and I do hope that I can bring you enough information on the subject to help guide you on your journey to healthier living. The topics covered in this book is on leaky gut or intestinal permeability. The internet is filled with information on how to heal your leaky gut and there are so many different diets out there that its seems impossible to figure out which one is best or really works. Leaky gut is no joke when it comes to developing an autoimmune disease and is proven by the medical community as being one of the major causes of inflammation in the body. In this book I cover the digestive system in itself but I also want to be able to put together for you the different diet plans out there today and how they relate to autoimmune diseases. I hate to call them diet plans but I cant think of a better word for them. Juicing, Paleo, GAPS, Gluten Free, Candida Diet are currently what is out there today. Which one is right for you can be difficult to figure out, but hopefully I can try and give you some idea of which one might work better for you and your particular disease. In the end though it is up to you to decide which one works best for your body and the bottom line is that if you do start eating healthier you will feel better to some

degree. This book covers other areas of care in order to give you an informative background on what tests should be done to find out what is causing leaky gut. Also, it will discuss the various doctors you should seek out to enable you to get the best care available and to help you get your digestive system running right again. Functional Medicine plays a role in finding the cause of your disease and my hope is to introduce you to the idea and open your mind to alternative medicine. Really you have nothing to lose and much to gain when it comes to integrative medicine as most likely what you are doing is not working for you. At the end I have included many of my favorite recipes on each one of the different diet plans so that you can see that changing your eating habits doesn't mean you have to give up delicious foods to get your gut healthy again.

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