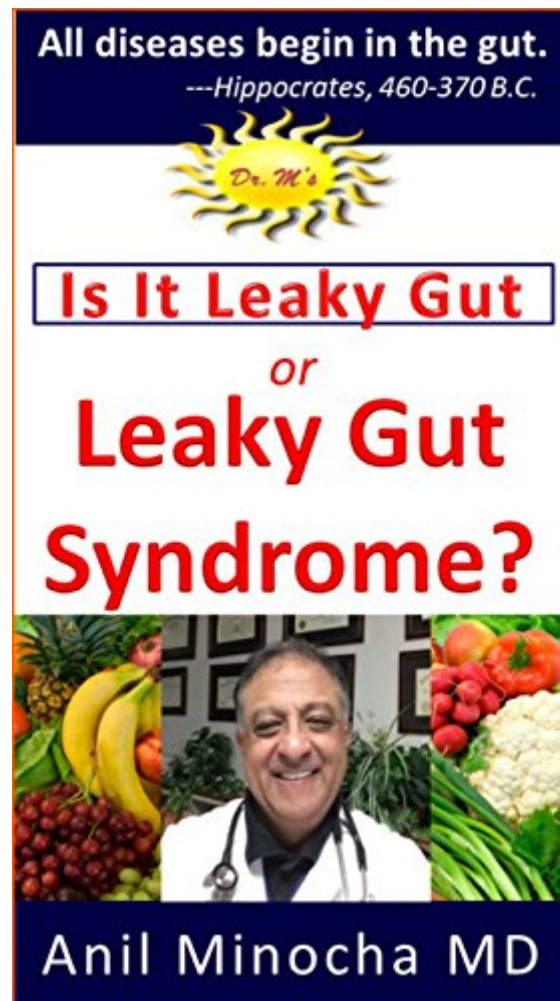




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# **IS IT LEAKY GUT OR LEAKY GUT SYNDROME: Clean Gut, Allergies, Fatty Liver, Autoimmune Diseases, Fibromyalgia, Multiple Sclerosis, Autism, Psoriasis, Diabetes, ... & More (Digestive Wellness Book 2)**





## Synopsis

Think outside the box. Wall Street Journal Best Selling Author! Wondering if You Have Leaky Gut? Leaky gut is like having a leaky pipe causing damage all over the house. Renowned gastroenterologist takes you on a journey through the dark leaky bowel and its link to allergies, arthritis, obesity, autoimmune diseases, fibromyalgia, autism, etc. Fix the leak to prevent further damage. Follow Dr. M's gut-strengthening strategies to boost metabolism, lose weight, re-energize body, and more – all by correcting the many hidden problems that stem from an ailing digestive tract. Gut is the largest immune organ spread over surface area of a football field and with a brain of its own comprising of 100 million nerve cells. The intestinal barrier is designed to be our health fortress. However, it is not a gut wall of concrete. A microscopic layer of gut cells separates the body from stool with of trillions of bacteria and toxic substances. The chain fence barrier allows absorption of nutrients while combating bad stuff. A dysfunctional, leaky fence barrier allows hostile foreign elements access to the body. This may result in a defensive fighting posture of inflammation and immune reactions in gut and other organ systems. The terms "leaky gut" and "leaky gut syndrome" are not synonymous. 1. What is it that leaks? 2. Where does it leak to? 3. What causes the gut to leak? 4. Are there tests available to check if your gut is leaky? 5. What are the diseases linked to leaky gut? 6. Can leaky gut affect organs beyond our intestines e.g. skin, brain, etc.? The author dives into the controversies surrounding above questions and provides evidence-based concepts and strategies underlying strengthening intestinal fence and healing damaged barrier.

## Book Information

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## Customer Reviews

Physician author Anil Minocha, MD has impressive credentials: Professor of Medicine, Certified - Physician Nutrition Support Specialist, Fellow - American College of Physicians, Fellow - American College of Gastroenterology, and Fellow - American Gastroenterological Association. Dr. Minocha was honored with the University of Mississippi Medical Center, Department of Medicine 2006 Langford Research Mentor award. His research is widely published. Dr Minocha is quite clear about the scope of his book as he states in his Preface: 'I am of the opinion that our gut plays a critical role in health and sickness. This is not a new concept. Hippocrates thought of the same thing thousands of years ago when he stated, "All diseases begin in the gut." Digestive and immune processes, including disordered gut structure and function as well as gut psychology, play a critical role not just in GI illnesses, but they have also been implicated in neurobehavioral disorders (autism, ADHD, OCD), chronic pain syndromes (fibromyalgia, chronic fatigue syndrome, restless leg syndrome, temporo-mandibular joint disorder [TMJD], migraine headache), autoimmune conditions (rheumatoid arthritis, ankylosing spondylitis), and skin disorders like allergies, skin eczema, acne, and psoriasis. The gut has a brain of its own, and the term "gut psychology" has been used to describe the role of the gut in anxiety and depression. Evidence indicates that the digestion connection to your overall health is real.' Based on the above Dr Minocha carefully describes exactly what 'leaky gut' means and then proceeds to explain the manifestations of this 'syndrome' (that is to say leaky gut is not a disease unto itself but a manifestation of many organ systems gone awry. 'The intestinal barrier is designed to be our health fortress. A microscopic layer of intestinal cells separates the body from hostile fecal environment of trillions of bacteria and toxic substances. The chain fence barrier allows absorption of nutrients while combating bad stuff. A dysfunctional, leaky fence barrier allows hostile foreign elements access to the body. This may result in a defensive fighting posture of inflammation and immune reactions in gut and other organ systems. The terms "leaky gut" and "leaky gut syndrome" are not synonymous.' The concept of this book is to prove that 'leaky gut' is a part of

entry for the beginning of many disease entities we have not previously attributed to have their origin in the gut. His book is generously complete while being ultimately readable and comprehensible for the lay reader. In addition to all the permutations of leaky gut, he explains the testing for the syndrome and his suggestions of prevention and for strengthening the leaky gut barrier. His information is refreshing and opens windows for discussion with your physician. Grady Harp, February 15

I've been very interested in this topic for some while, having cared for my ailing mother (she suffered from celiac disease) and father (Parkinson's Disease) for many years until their passing and helped to identify and heal my husband's candida overgrowth and possible leaky gut. (And I, too, have begun to wonder about my own previously great health as I struggle with arthritis pain and weight even though I eat well--maybe some fatty liver issue?) Anyway... with that as background I bought Dr. M's book and read it all in one sitting. He breaks the material down into many short chapters since, by his own description, if you skip over material because of long, dense paragraphs and chapters, you're not going to get the full usefulness of the book! The book covers the some of the possible causes of leaky gut, the implication in \*many\* health issues, and goes through those issues in individual chapters with insights and references so it's easy to find material if you're looking for particular health concerns. I actually found it interesting to read about \*all\* the areas that a leaky gut can impact. He makes recommendations for some supplements and nutritional approaches that was very helpful, although I would have loved even more specifics in that area to help make the suggestions more "actionable." And it's refreshing to see a medical doctor who can not only acknowledge when he (and other doctors) might have been "wrong" -- that is, recognizing that information changes and thus, our understanding with it! -- but also that he (and others) do NOT have all the answers. All in all a very readable and informative look at the issues of leaky gut and how it might be affecting you.

Dr. Minocha's book "IS IT LEAKY GUT OR LEAKY GUT SYNDROME...& More" chapters are written in an easy to understand, and supported by scientific references for those individuals seeking more in depth information. I found this book very useful as a roadmap toward better health with suggestions on obtaining a "healthier gut" through eating wholesome sources of foods, avoiding refined sugars, adding natural sources of probiotics / prebiotics, learning to identify and make lifestyle adjustments, as appropriate, etc. It is possible for people with different diagnoses to have the same underlying issues, as well as, the same diagnoses may have different underlying

causes. As Dr. Minocha recommends, it is very important to consult your health care professional as one makes adjustments to one's health. I look forward to reading other books written by Anil Minocha, M.D.

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