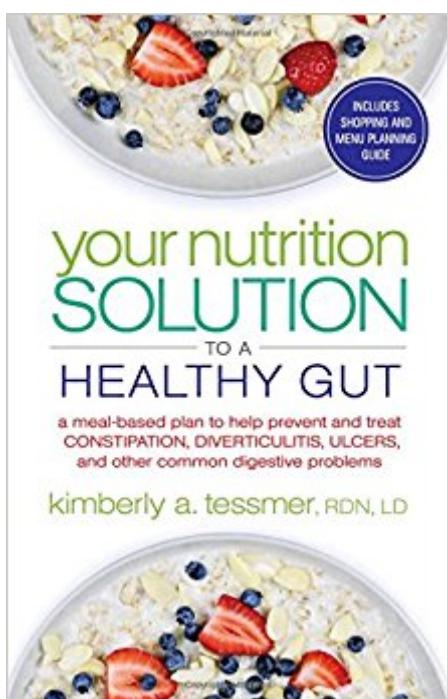


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# Your Nutrition Solution To A Healthy Gut: A Meal-Based Plan To Help Prevent And Treat Constipation, Diverticulitis, Ulcers, And Other Common Digestive Problems



## **Synopsis**

If you suffer from any type of gut-related disorder, you know the discomfort it can cause. Gut-related and/or digestive disorders can range in intensity and seriousness, from minor to chronic. Even the mildest irritation over a long period of time can be debilitating. The gut houses countless numbers of bacteria--some are good for you, while others negatively impact your health. Choosing the right foods can help to support the good bacteria, decrease the bad, and treat stomach or digestive issues you are already experiencing. Your Nutrition Solution to a Healthy Gut provides both a treatment and preventative nutritional plan you can live with for a lifetime. In it you will find: The latest medical information on the gut, as well as a simplified overview of various gut-related/digestive disorders. Tips on nutritional intake and lifestyle changes needed to manage gut-related issues and maintain a healthy gut. Informative facts on nutritional supplements that can help develop optimal gut health. Easy-to-follow meal plans to help get you started on life with a healthy gut. Get the help you need to make the nutritional and lifestyle changes that will free you from a lifetime of medications, discomfort, and pain.

## **Book Information**

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## **Customer Reviews**

"This book should be in everyone's library as their go-to gut health resource. Kimberly Tessmer does a fantastic job of translating the latest science of how food and lifestyle factors impact this vital organ, [for better and for worse]. With real-life solutions and a system to live by, Your Nutrition Solution to a Healthy Gut offers answers and relief!"--Vicki Shanta Retelny, RDN, LDN"Kimberly

Tessmer's Your Nutrition Solution to a Healthy Gut is a road map for navigating what to eat for digestive health. Her research-based approach teases out the differences between food allergies, intolerances, and sensitivities, dispels the myths of detox diets, provides menu-planning strategies, and teaches us how to positively impact our gut with real food."--Niki Strealy, RDN, LD, author of The Diarrhea Dietitian

Kimberly A. Tessmer, RDN, LD, is a consulting dietitian from Brunswick, Ohio. Her most recent books include: Your Nutrition Solution to Type 2 Diabetes; Your Nutrition Solution to Acid Reflux; The Big Book of Gluten-Free Recipes; Tell Me What to Eat If I Have Inflammatory Bowel Disease; The Complete Idiot's Guide to the Mediterranean Diet; Tell Me What to Eat If I Am Trying to Conceive; and Tell Me What to Eat If I Have Celiac Disease. Kim also owns and operates Nutrition Focus ([www.nutrifocus.net](http://www.nutrifocus.net)), a consulting company specializing in weight management, menu development, and other nutritional services. In addition, Kim acts as the RDN on the board of directors for Lifestyles Technologies, Inc., a company that provides nutrition software solutions for developing a wide array of nutritionally sound meal templates.

I was diagnosed with peptic ulcers, but not with H. pylori. This book covers many digestive disorders so it took two readings before I gleaned the info I needed for my problem. Got some new info--cayenne peppers, cranberries and blueberries heal. Sodas and caffeine--not so good. Some of the nutrition advice I'm not sold on, but still researching. My doctor said to avoid eating and then lying down--stay up for about 3 hours. Don't take pain killers on an empty stomach. Avoid citric acid (fruits and juices) and concentrated tomato (acidic again) and spicy foods. Glad I bought it.

Good read so far

A lot of good reference material .

Was a gift for a good friend ....Thank you

Only one other review? I can't pretend I'm an expert on diet/nutrition books, but I know clear, informative writing. This would work as a layman's guide to good nutrition (I read a library copy, but I'm going to buy a copy to refer back to.) If you are looking for "sciency" then this isn't it - thankfully. I just wanted someone else to do the thinking for me, convince me the information was

science-based, and send me on my way with the answers. I majored in human physiology long ago, and it was not too basic for me. I think it would also be a great guide for someone without a science/health background.

I bought this for a friend who was just diagnosed with diverticulitis. I've thumbed through it and hope she finds it useful. I think it looks like a good resource for her.

Written for easy reading, very thorough explanations and helped me a lot to understand recovering from and trying to prevent from getting further attacks of diverticulitis.

Book very helpful, lots of great info as well as menus.

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