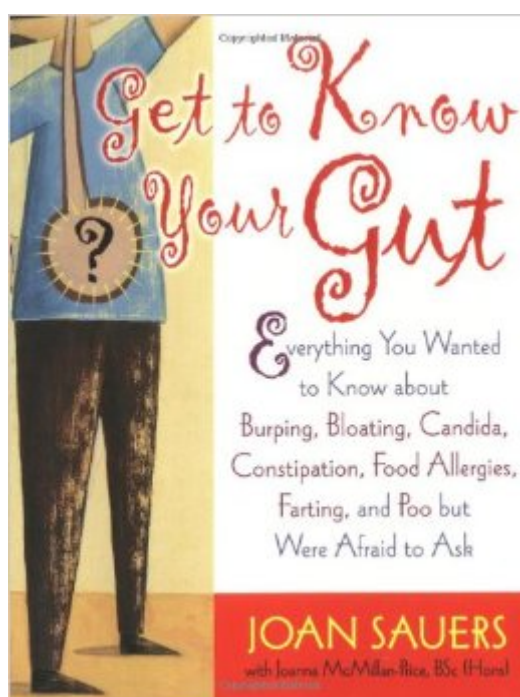


The book was found

Get To Know Your Gut: Everything You Wanted To Know About Burping, Bloating, Candida, Constipation, Food Allergies, Farting, And Poo But Were Afraid To Ask



Synopsis

In *Get to Know Your Gut*, Joan Sauers and Joanna McMillan-Price take a candid, often hilarious look at the inner workings of our gut, explaining to readers why their stomachs act the way they do and how they can avoid many "uncomfortable" situations. This indispensable book breaks down the bathroom door on previously taboo subjects, from bad breath to flatulence and every other digestive function in between, and offers straight answers to those awkward questions we all want to ask but just don't have the nerve to ask; such as, Why do I need to go to the bathroom when I get scared? Why do I get constipated when I travel? What color should my poo be? What makes my breath smell bad? and much more. Illustrated with useful, easy-to-understand diagrams and filled with lists of what to do and what not to do for a wide variety of tummy troubles, *Get to Know Your Gut* will help readers understand how their gastrointestinal system works and what they can do to help it run more smoothly and work better.

Book Information

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Customer Reviews

This book is an interesting book that is light on science/medicine to back up what it says. It is a good overview and can be a starting place if you want to know more. It's an easy fast read due to the author's pleasant writing style.

Just what color should your poo be, any way? I now know the answer. The subtitle *Everything You Wanted to Know about Burping, Bloating, Candida, Constipation, Food Allergies, Farting, and Poo* is an entirely accurate description of this helpful book. Author Joan Sauers combines scientific

information with practical descriptions to provide a thorough and entertaining look at our amazing digestive systems. Get To Know Your Gut begins with a biology 101 overview of the digestive system, explaining how important it is to overall health and why strong emotions are felt in your guts. The section on digestive disorders became a bit tedious because it is a long list, but the information on foods that can help or interfere with keeping things "moving along" is a great resource. If you have a particular digestive problem, you'll probably want something more detailed. For the average person who suffers the occasional tummy ache - and who doesn't? - this is a useful guide. I appreciated how the author endorsed traditional medicine while also emphasizing a holistic approach to taking care of your body. I have a whole new idea of how what goes into my mouth will at some point have a good or bad effect on how I feel. The book was nicely formatted for Kindle and a few simple diagrams were easy to view.

I ordered it when the doctor thought I had IBS. turned out I didn't and was glad because this book wasn't any help at all and I was sorry I'd ordered it.

thank you

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