



# **Gut Reactions: A Radical New 4-Step Program for Treating Chronic Stomach Distress and Unlocking the Secret to Total Body Wellness**

*Raphael Kellman Md, Carol Colman*

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# Gut Reactions: A Radical New 4-Step Program for Treating Chronic Stomach Distress and Unlocking the Secret to Total Body Wellness

*Raphael Kellman Md, Carol Colman*

## **Gut Reactions: A Radical New 4-Step Program for Treating Chronic Stomach Distress and Unlocking the Secret to Total Body Wellness** Raphael Kellman Md, Carol Colman

You don't have to be in pain! You don't have to pop antacids after every meal, or rely on prescription drugs to coax your gastrointestinal system to do what it's supposed to. Whether you suffer from chronic indigestion or from a more serious condition such as Crohn's disease, it *is* possible to find relief and return to a comfortable, healthy way of eating and living. In *Gut Reactions*, Dr. Raphael Kellman, a pioneer in the practice of complementary medicine, draws upon the best conventional Western treatments and holistic therapies to offer a breakthrough, all-natural program for treating a variety of stomach complaints with safe, lasting results.

Building on the revolutionary idea of the mind-gut connection, Kellman's four-step program guides you in understanding your symptoms and obtaining an accurate diagnosis, and then helps you tailor a healing regimen to your specific condition. His unique bio-ecological diet (complete with four weeks of menus and recipes) works with nutritional supplements, herbal therapies, and mind-body exercises to manage symptoms and in many cases restore normal gut function. Enlightened and comprehensive, *Gut Reactions* provides specific treatment plans for:

Antacid "addiction"

Inflammatory bowel disease

Crohn's disease

Acid reflux (esophageal reflux disease)

Constipation

Ulcers

Low gastric acidity

Dysbiosis

"Leaky gut" syndrome

Heartburn

Gluten sensitivity

Gastritis

Irritable bowel syndrome

Parasitic disease

*From the Trade Paperback edition.*



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happy, fun and loosen up. Try to choose the best book to suit your needs and try to like reading this.

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