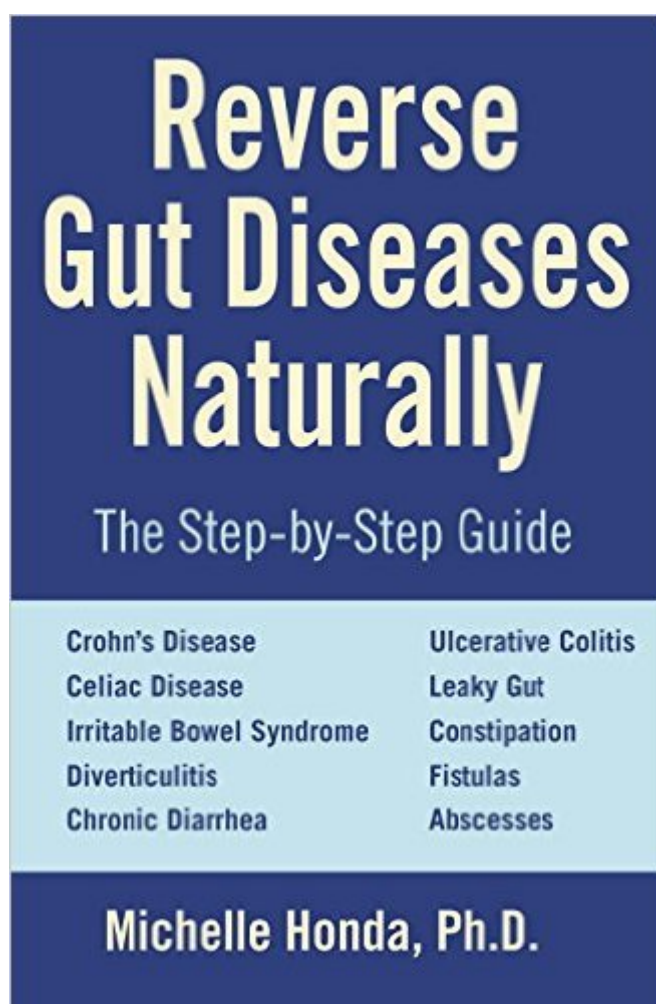


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# Reverse Gut Diseases Naturally: Cures For Crohn's Disease, Ulcerative Colitis, Celiac Disease, IBS, And More



## Synopsis

The Long-Awaited Resource for Those Seeking to Reverse Gut Disease Naturally. More than 50 million Americans struggle with gut diseases like Crohn's disease and colitis. With traditional medicine offering little in the way of lasting, low-risk solutions, more patients are turning to the world of natural medicine. With *Reverse Gut Diseases Naturally*, learn to work with your body to achieve safe and sustainable results that will let you reclaim your life and your independence. *Reverse Gut Diseases Naturally* contains step by step, do-it-yourself instructions to help you reverse gut disorders and restore health. Complete with healing remedies, dietary regimens, and protocols for every stage of healing and maintenance, *Reverse Gut Diseases Naturally* also includes the most effective dietary programs proven to help treat gut dysbiosis and other intestinal ailments. Featuring alternative solutions to potentially harmful prescription drugs, as well as safe food choices and a guide to herbal medicine, *Reverse Gut Diseases Naturally* helps you regain your sense of health and wellbeing. Touching on every aspect of gut disease, including: risk factors and common causes of gut disease; supporting your body and its glandular health; holistic approaches to treating gut disease, and much more, *Reverse Gut Diseases Naturally* is the all-in-one resource for those looking to find something that really works. *Reverse Gut Diseases Naturally* covers a multitude of topics, including:

- A complete dietary program for gut wellness, including a Quick Start Program
- Natural substitutes for popular over-the-counter and prescription medications
- The current issue of antibiotic use and overuse, and its role in gut disease
- Detailed case histories demonstrating the effectiveness of natural methods each step of the way
- How best to prepare herbal remedies and supplements for a variety of uses...and many more!

Diseases of the gut can be among the most limiting and life-altering conditions possible. Don't just settle for keeping your symptoms under control—reverse your gut disease, the natural way!

## Book Information

Paperback: 288 pages

Publisher: Hatherleigh Press; 1 edition (November 24, 2015)

Language: English

ISBN-10: 1578265967

ISBN-13: 978-1578265961

Product Dimensions: 6 x 0.6 x 9.2 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (9 customer reviews)

Best Sellers Rank: #84,218 in Books (See Top 100 in Books) #30 in Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases > Digestive Organs #32 in Books > Medical Books > Medicine > Internal Medicine > Gastroenterology #85 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal

## Customer Reviews

This book saved my sons life who had suffered with Crohnes Disease for over 20 years.! The book is easily laid out in a step by step approach.I could not believe the amount of improvement of my son. His severe bleeding started to slow down immediately and by the end of 2 months - had totally stopped. Cramping in the stomach disappeared . He went from having 20 loose and runny bowel stools in ONE DAY to having 2 NORMAL bowel movements by the end of 2 months. His depression subsided and was out socializing again.I cannot say enough about Dr. Honda book... Yes there are some strict diet protocols to adhere to ...but when you begin to see results like these.... you really welcome the knowledge and advice. Give this book a chance ... and SEE IMMEDIATE results!!

This book has you jumping forward and backwards and is contradictory at times. While it has good information in it, I was expecting a STEP-BY-STEP guide. Like, do this, this and this. At first you think you have it down then you get to another chapter and it says something totally different.I bought all the supplements recommended in the book as listed in the quick start section (chapter 5) but when I got to a chapter further back, it doesn't even mention taking more than half the supplements she says you must have.I'm plugging along and incorporating as much as I can, but I honestly have no idea if I'm doing it right. Time will tell. I think the book could be written better and in a more concise manner. Like I said, in one chapter it says to do this and in another chapter it says to do this. Head is spinning!!\*\*update 7/26/16\*\* the author has you taking comfrey root internally as a tea and via enema. Everything I am reading about comfrey states NOT to take it internally as it has properties that cause liver damage and may cause cancer. Why would anyone recommend this. I'm all for natural, but just because it's natural does not mean it's safe. Will stick with just slippery elm bark for a tea and enema. I'm not taking Humira because of the side effects....not taking comfrey either. Will continue to update my review. Total waste of money buying the comfrey, but I can use it as a salve/poultice for skin infections.

Reverse Gut Diseases Naturally is an exceptional resource for anyone wishing to fully reverse their gut complaints once and for all. I am a mother with a young son (8 years old) who was diagnosed

with Crohn's disease. He has been on steroid drugs and yet the symptoms worsened. I was referred to Dr. Honda who went through extensive explanation about the disease process and the steps involved in the full reversal of the disease. I had the choice to apply more of her program if we wanted a quicker healing to occur. She stressed the importance of reinforcing the body to enable it to heal itself with the initial help of natural medicine and an immune boosting diet. Her book had just become available and to my surprise, I was able to follow her protocols for my son and he was able to be symptom and medication free within weeks of seeing her. The case histories provided in the book were extremely helpful for they showed all aspects of the patient's daily routine, from diet to healing remedies. There is great attention to detail in this book to make it as user friendly as possible. We could not have imagined that this was possible and are so grateful to Dr. Honda for all of her work in enabling people to actually cure themselves of this disease and so quickly. As parents, we were extremely lucky to come across Dr. Honda and her book. Brenda, St. Catherine's Ontario

For anyone who has ever had any type of Gut Disease, I encourage you to read this book. It is a step by step guide to help you to reverse whatever your condition is. Michelle doesn't actually say it this way, but all through her book she tells us to stay away from man made food, and to only eat God's food (whole unadulterated food). If we all do it, we will all be healthy. It is a wonderful book, Thank you Michelle

I have been on U.C. medication for months and no help. I started researching online how to do things naturally and I found this book. I bought it and I can't believe the results. After ordering organic herbs and making them into an enema per the book's instructions, my severe bleeding has stopped after only 1 week. The herbs are healing the lower end of my colon. I am now reading the book for diet changes. I kind of already knew about the natural supplements that help with U.C. and have been using those for years. Thank goodness for people who share their successes so we can all benefit. I am so grateful she took the time to write this book!

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Rheumatoid Arthritis) A Practical Guide to Fecal Transplants: A Revolutionary Approach to C. Difficile, Ulcerative Colitis, Crohn's Disease, Dysbiosis, Multiple Sclerosis & More! Good Gut: The Next Thing You Should Do If You Want to Heal Your Gut and Improve Your Intestinal Health (good gut guide, gut health, good gut diet) The First Year: Crohn's Disease and Ulcerative Colitis: An Essential Guide for the Newly Diagnosed Fiber Menace: The Truth About the Leading Role of Fiber in Diet Failure, Constipation, Hemorrhoids, Irritable Bowel Syndrome, Ulcerative Colitis, Crohn's Disease, and Colon Cancer by Monastyrsky, Konstantin 1st (first) Edition (10/15/2005) Low Residue Diet Cookbook: 70 Low Residue (Low Fiber) Healthy Homemade Recipes for People with IBD, Diverticulitis, Crohn's Disease & Ulcerative Colitis 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) Recover with GAPS: A Cookbook of 101 Healthy and Easy Recipes That I Used to Heal My ULCERATIVE COLITIS while ON THE GAPS DIET-Heal Your Gut Too! Nutrition: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut) Healing Foods: Cooking for Celiacs, Colitis, Crohn's and IBS Food Diary: For IBS, Crohn's, Celiac and other Digestive Disorders Why Doesn't My Doctor Know This?: Conquering Irritable Bowel Syndrome, Inflammatory Bowel Disease, Crohn's Disease and Colitis The Leaky Gut Report: How to heal your gut naturally - The ultimate guide for fighting anxiety, autoimmune disease, heart palpitations, food allergies, fatigue and more Irritable Bowel Syndrome & the MindBodySpirit Connection: 7 Steps for Living a Healthy Life with a Functional Bowel Disorder, Crohn's Disease, or Colitis (Mind-Body-Spirit Connection Series.) Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice The IBS Diet: How To Manage Your Irritable Bowel Syndrome Through Food For A Healthier and Happier Life (IBS Relief, IBS Solution) Medical Therapy of Ulcerative Colitis Healthy Gut: How to Restore Gut Balance, Boost Metabolism, and Heal Your Gut

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