



Healing Digestive Disorders, Third Edition: Natural Treatments for Gastrointestinal Conditions

Andrew Gaeddert

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Irritable bowel syndrome, Crohn's disease, colitis, hepatitis, heartburn—these are only a few of the gastrointestinal disorders that affect tens of millions of Americans. Despite their prevalence, these conditions have proven difficult to treat with standard medical approaches. In this updated guide, Andrew Gaeddert offers a wealth of natural remedies and lifestyle changes that have helped thousands to alleviate symptoms and heal their bodies, one step at a time. Drawing on his extensive clinical experience, Gaeddert covers such topics as herbs and vitamins, Chinese medicine, meditation, and environmental triggers that affect digestion, helping the reader make sense of the daunting array of natural healing techniques.

Case studies illustrate how the author's clients were able to reduce or eliminate their digestive problems, enjoy greater energy, and reduce discomfort by learning how to identify food sensitivities, develop a tolerance for certain foods, prevent negative reactions to food, and use rotation diets and anti-candida strategies. This authoritative, accessible guide offers new hope for the one out of three Americans who will have a digestive disorder in their lifetime.

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