## [PDF] Eat Dirt: Why Leaky Gut May Be The Root Cause Of Your Health Problems And 5 Surprising Steps To Cure It

Josh Axe - pdf download free book

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"Our understanding of what really threatens human health is undergoing a revolution, and Eat Dier magnificently describes this paradigm shift. Dr. Nee's compassionate guidance, centered on recould/shing healthy gut bacteria, is in line with our most respected and forward-thinking medical research. Read this book and open the door to lifeleng health."

"Ear Die is a proces my to subtress the core cause of all disease. The fare step to be ing yourself is healing your gat. Using the science of "inference-possures" Dr. Acts gives a times, from anotherstane disease to cheesic inflamentation. If you're ready to learn see carrier, often anotherstane disease to cheesic inflamentation. If you're ready to learn see carrier, often anotherstane disease to cheesic inflamentation. If you're ready to learn see carrier, often anotherstane disease to cheesic inflamentation. If you're ready to learn see

— Mark Hymno, MD, benedling author of The Blood Sugar Sulmins

"Hymrie struggling with a cleanic illusts like dignotive problems, natorieruse disease, or admand and diprotic onclinise, this look and change your life. Dr. Ace laye sour an ensystemistic for the cleaning the root cause of disease where it narra--in the gr., It his narrah proceedings may give about a medicine, a gas desirably dee, and exposing resured for good microbes to beild your microbes to beild your microbiness are entire edge techniques that can bely you expert.

-Sara Gottfried, MD, bestselling author of

"There is a beautiful course correction above – scientifur research is reminding us of our iran and outer ecology and our instruction beautiful minus with the natural world. In Eat Dirt, Dr. As deconstruct the myth behind our war against graws, shook light on why and how we are sick, and becomes the accient windows of holing that starts with the gat."

"Years of overstaintains have left us valuerable to the modern world's most dangerous infections. In this particular girls, Dr. Are below us one the direct finis between our nation's obsession with classificate and the epiderical of leday gar and nationance conditions. Dr. Are combine conting edge closes and the articular particle of a transal immunication into a plan that reduces infilmation and the other lange, promotess veight loss, and factors energy and vitality, Vor'll here this fun, constantiative strategy to achieve optimal health. Ger direct."



## Books Details:

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**Description:** 

**National Bestseller** 

Doctor of Natural Medicine and wellness authority Dr. Josh Axe delivers a groundbreaking, indispensable guide for understanding, diagnosing, and treating one of the most discussed yet little-understood health conditions: leaky gut syndrome.

Do you have a leaky gut? For 80% of the population the answer is "yes"—and most people don't even realize it. Leaky gut syndrome is the root cause of a litany of ailments, including: chronic inflammation, allergies, autoimmune diseases, hypothyroidism, adrenal fatigue, diabetes, and even arthritis.

To keep us in good health, our gut relies on maintaining a symbiotic relationship with trillions of microorganisms that live in our digestive tract. When our digestive system is out of whack, serious health problems can manifest and our intestinal walls can develop microscopic holes, allowing undigested food particles, bacteria, and toxins to seep into the bloodstream. This condition is known as leaky gut syndrome.

In *Eat Dirt*, Dr. Josh Axe explains that what we regard as modern "improvements" to our food supply—including refrigeration, sanitation, and modified grains—have damaged our intestinal health. In fact, the same organisms in soil that allow plants and animals to flourish are the ones we need for gut health. In *Eat Dirt*, Dr. Axe explains that it's essential to get a little "dirty" in our daily lives in order to support our gut bacteria and prevent leaky gut syndrome. Dr. Axe offers simple ways to get these needed microbes, from incorporating local honey and bee pollen into your diet to forgoing hand sanitizers and even ingesting a little probiotic-rich soil.

Because leaky gut manifests differently in every individual, Dr. Axe also identifies the five main "gut types" and offers customizable plans—including diet, supplement, and lifestyle recommendations—to dramatically improve gut health in just thirty days. With a simple diet plan, recipes, and practical advice, *Eat Dirt* will help readers restore gut health and eliminate leaky gut for good.

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