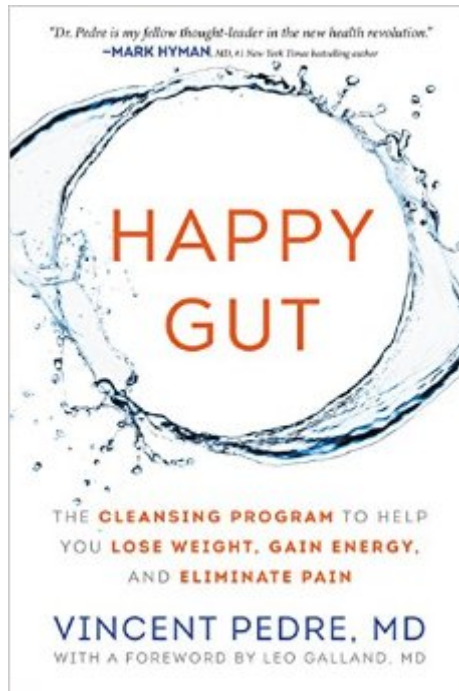


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# Happy Gut: The Cleansing Program To Help You Lose Weight, Gain Energy, And Eliminate Pain



## Synopsis

Following the success of the bestselling *Clean Gut* and *Wheat Belly* comes this essential guide to improving digestive health from an expert in functional medicine—who reveals why everything that ails us, from fatigue to weight gain to bloating and bad skin, can be traced back to the gut, and shares his cleansing plan to help us reclaim our health. Dr. Vincent Pedre understands gut problems firsthand. He suffered from IBS for years before becoming an expert in functional medicine and learning how to heal his body from the inside. Dr. Pedre used his own experience to develop The Gut C.A.R.E. Program—an approach that draws from both Western and Eastern methodologies, combining integrative and functional medicine—that has a proven success record in his private practice in New York. Now, for the first time, Dr. Pedre makes his revolutionary plan for health and wellness available to everyone. *Happy Gut* takes readers step-by-step through Gut C.A.R.E.—Cleanse, Activate, Restore, and Enhance—which eliminates food triggers, clears the gut of unfriendly pathogens, and replaces them with healthy probiotics and nutrients that repair and heal the gut. Rather than masking symptoms with medication, he shows us how to address the problem at its core to restore the gastrointestinal system to its proper functioning state. By fixing problems in the gut, followers of Dr. Pedre's program have found that their other health woes are also cured and have lost weight, gained energy, and improved seemingly unrelated issues, such as seasonal allergies, in addition to eliminating their chronic muscle and abdominal pain. Complete with recipes and meal plans including gluten-free, low-fat, and vegetarian options, a 28-day gut cleanse, yoga postures to help digestion, and testimonials from many of his patients, *Happy Gut* will help you feel better and eliminate gut issues for life.

## Book Information

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## Customer Reviews

Dr. David Perlmutter talks with Dr. Vincent Pedre Dr. David Perlmutter is the New York Times number-one-bestselling author of Grain Brain and Brain Maker. Dr. David Perlmutter (DP): What inspired you to write Happy Gut? Dr. Vincent Pedre (VP): Growing up I had a "weak" stomach and was more susceptible to respiratory infections, contracting bronchitis or sinusitis at least three to four times a year. Without being aware, I was eating foods that I was sensitive to, which wore out my immune system, leaving me susceptible to infections. Over the years, I improved my health through diet. However, it wasn't until I studied Functional Medicine that I realized what an important and central role the gut plays in overall health. When I incorporated Functional Medicine into my practice, my success with patients' digestive disorders exploded. Their guts got better, and so did secondary conditions related to their gut disharmony—like fatigue, weight gain, allergies, asthma, mental fog, and migraines. It made sense that what I once considered a crux—growing up with a sensitive digestive system—was actually the gift that led me to help others heal their gut issues. DP: How is Happy Gut different from other books on gut health? VP: Happy Gut offers a whole foods-based cleanse, guided by my Gut C.A.R.E. Program, to rebalance a disordered digestive system—the gateway to total wellness. But it's not just about changing what you eat. It's about changing the way you live—incorporating daily gratitude, slowing down to appreciate and chew your food, and making time for movement and meditation. It also brings attention to the importance of drinking clean water, cooking on non-toxic surfaces, and using green utensils. Total-body wellness is achieved through this 360-degree approach to our well-being. DP: Why is the Functional Medicine approach most successful, especially regarding digestive issues? VP: The problem with the Western model, when it comes to digestive issues, is that it is symptom-centered. But symptoms are often misleading. Functional Medicine is the opposite—all-encompassing. It looks at the body as a system, much like a conductor views his orchestra. If the violins are on the wrong key, and the drums off beat, then the orchestra as a whole does not produce harmony. If systems in the body are out of tune, then the body as a whole will not function optimally. By understanding and identifying multiple imbalances happening simultaneously and providing the treatments that will help the digestive system reboot itself, Functional Medicine allows a patient's body to reach a state of harmony. DP: What can readers expect to learn from Happy Gut? VP: Readers will learn why the gut is so central to our well-being. Gut health is connected to weight gain—eliminating food sensitivities on the

Happy Gut Diet results in markedly reduced bloating and increased weight loss. Through my Gut C.A.R.E. Program, readers will make a four-week commitment to wellness and be guided through a twenty-eight-day cleanse. Recipes that appeal to all types of dietary preferences and meal plans are provided, in addition to yoga poses for gut health, meditation instruction, and breathing exercises. For those who need to look deeper, an entire chapter is devoted to uncovering the root causes of common and not-so-common gut ailments, providing suggested tests and treatment strategies. Happy Gut is a roadmap leading readers to total body wellness, providing tools to get back on course when your gut health gets off track.

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