

## Optimal Digestive Health: A Complete Guide

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### Abstrak

According to the National Institutes of Health, more than 90 million Americans suffer from digestive disorders. Drawing on the expertise of 25 practitioners, Optimal Digestive Health explores the symptoms, possible causes, medical testing, and effective treatments for 30 digestive disorders, from candida and colitis to ulcers. In addition, the authors explain the role digestion plays in many other health conditions, such as arthritis, fibromyalgia, headaches, mood swings, immune function, and skin problems. They provide clear information on detoxification, food allergies, and environmental factors, as well as meditation, qigong, and yoga. A step-by-step diet is offered to help readers moderate their carbohydrate intake and balance their blood sugar--keys to health and weight loss. Optimal Digestive Health demystifies the use of herbal therapies, acupuncture, biofeedback, and Ayurveda in the treatment of digestive disorders, pairing the best of mainstream medicine and complementary therapies with intelligent self-care for an integrated patient-centered approach to healing.