

Heal Your Gut: A healing protocol and step-by-step program with more than 90 recipes to cleanse, restore, and nourish

By Lee Holmes

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Heal yourself of nasty food intolorences and nourish your body by starting with your gut!

Heal Your Gut is a beautifully designed and photographed step-by-step protocol for restoring your inner gut health, via a treatment program and detox regime--supported by 90 anti-inflammatory recipes to heal and nourish. Whether you're suffering from a health issue aggravated by diet and a poorly functioning digestive system, or whether you have an autoimmune or digestive disorder, food allergies or intolerances, IBD, IBS, Crohn's disease, celiac disease, leaky gut, inflammatory issues, thyroid problems, neurological disorders, obesity, diabetes, arthritis or fibromyalgia, this book will provide you with information, meal plans, and anti-inflammatory recipes to really heal your gut and get you back on track with your health. By following the protocol you'll feel more vibrant and alive, and have energy to burn. This book isn't just another fad diet: it contains recipes that have been specifically created to heal and also deliver vital nutrients, vitamins, and minerals to get your body systems functioning optimally.

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Editorial Review

About the Author

Lee Holmes is a holistic nutritionist, yoga teacher, wholefoods chef, Lifestyle Food Channel's Healthy Eating Expert and author of the best selling books Supercharged Food: Eat Your Way to Health, Supercharged Food: Eat Yourself Beautiful, Eat Clean, Green and Vegetarian, Heal your Gut. Eat Right for Your Shape and Supercharged Food for Kids. Lee also runs a four-week online 'Heal Your Gut' program. She is a columnist with Wellbeing and Danny Seo's Naturally Magazine and her articles have appeared in leading Australian newspapers and journals, as well as The Times and The Telegraph, The Daily Express in the UK and The Huffington Post in the US. Lee's entrepreneurial spirit saw her appearing on Network Ten's Shark Tank Australia, securing a deal with Janine Allis from Boost Juice to further spread the Supercharged Food message. Lee's blog won the overall award at the Bupa Health Influencer Awards in 2013 as well as the best blog in the Healthy Eating Category. You can find Lee blogging over at www.superchargedfood.com a website which encourages S.O.L.E food: sustainable, organic, local and ethical. It features delicious recipes, information, news, reviews and menu planning ideas to make it easy for people to enjoy a satisfying, wholesome and nourishing diet.

Users Review

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Here thing why this particular Heal Your Gut: A healing protocol and step-by-step program with more than 90 recipes to cleanse, restore, and nourish are different and reliable to be yours. First of all looking at a book is good however it depends in the content from it which is the content is as yummy as food or not. Heal Your Gut: A healing protocol and step-by-step program with more than 90 recipes to cleanse, restore, and nourish giving you information deeper since different ways, you can find any guide out there but there is no reserve that similar with Heal Your Gut: A healing protocol and step-by-step program with more than 90 recipes to cleanse, restore, and nourish. It gives you thrill reading through journey, its open up your own personal eyes about the thing this happened in the world which is perhaps can be happened around you. It is possible to bring everywhere like in park your car, café, or even in your means home by train. In case you are having difficulties in bringing the published book maybe the form of Heal Your Gut: A healing protocol and step-by-step program with more than 90 recipes to cleanse, restore, and nourish in e-book can be your option.

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Mark Authement:

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