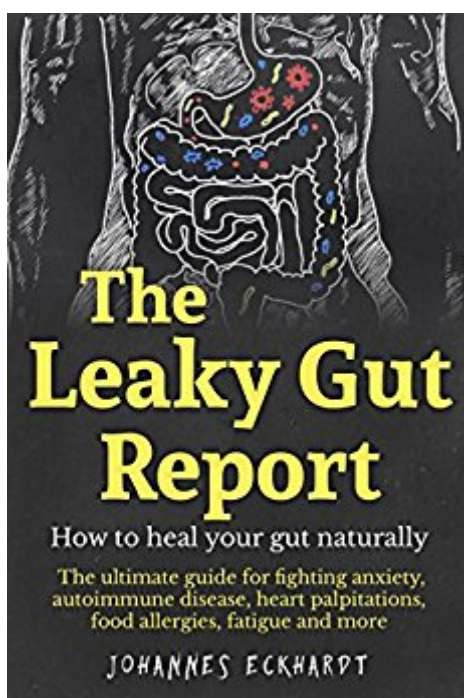


The book was found

The Leaky Gut Report: How To Heal Your Gut Naturally - The Ultimate Guide For Fighting Anxiety, Autoimmune Disease, Heart Palpitations, Food Allergies, Fatigue And More



Synopsis

“All disease begins in the Gut” wrote Hippocrates, the Father of Medicine, in approximately 400BC. Today, in this very moment, in every corner of the globe, there are thousands of people suffering from diseases that are likely to be caused by some sort of gastrointestinal problem. Many diseases can lead back to a condition called increased intestinal permeability or “Leaky Gut”. Leaky gut is linked to many autoimmune diseases, such as lupus, rheumatoid arthritis, multiple sclerosis, thyroiditis and chronic fatigue syndrome amongst others. However, you don’t necessarily need to have an autoimmune condition if you have leaky gut. You may experience issues such as heart palpitations, headache, brain fog, vision impairments, anxiety, depression, skin conditions, constipation, diarrhea, gas or bloating, skipped heart beats or ectopic beats. The list of symptoms is endless and that is what makes it so hard to diagnose. Some sufferers of leaky gut may eventually find the root cause of their problems and have a chance of healing. Most of them however, will continue to have one doctor’s appointment after the other, and simply treat only the symptoms of this very under-diagnosed condition. They may dream of the magical day that all of their symptoms will vanish, but awaken in shock to find themselves standing in the same spot, often years later, with no real improvement. This easy-to-read book will help you to fight Leaky Gut. It will arm you with all of the information that you need to rid yourself of leaky gut and the ongoing suffering it may cause. The author, Johannes Eckhardt, was a leaky gut sufferer himself and managed to heal his gut after one and a half years of pain and distress. Johannes vowed that if he were able to one day heal himself, he would publish a book for other leaky gut sufferers to assist in their journey of overcoming this terribly under-diagnosed disease. The Leaky Gut Report will leave you with actionable content that you can instantly apply to your life and health.

Book Information

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Customer Reviews

Great book written by Johannes Eckhardt!!!!This is a science information based book which help to make many autoimmune diseases,such as lupus, rheumatoid arthritis,multiple sclerosis,thyroiditis and chronic fatigue syndrome amongst others.In this book have an autoimmune condition if you have leaky gut.I read this book and bought that really satisfied me but also help to experience issues such as heart palpitations, headache, brain fog, vision impairments, anxiety, depression, skin conditions, constipation, diarrhea, gas or bloating, skipped heart beats or ectopic beats.So this book should read everyone.

A friend of mine recommended this book a while ago. I was skeptical at first as neither myself or anyone in my family has been diagnosed with a leaky gut. It turned out to be great surprise, the writing is clear and the author makes it relatively easy to understand medical concepts the layperson is often unfamiliar with. It not only delivers straightforward how-tos to prevent and cure a leaky gut but also insightful tips on how one can live a healthier life. Definitely a great read that I would recommend to anyone interested in understanding more about our digestive system.

Excellent advice in this book.Easy to read, easy to follow, easy to make new habits. It is a self help book that works.I was surprised how easy it was to develop new habits from just following this book. It is the best time management tool I have ever used. I love the way it is written, it has given me an extra hour per day doing the things that I want to do and yet achieving all of the things I needed to undertake.

I enjoyed reading this. Written from a laymen's point of view, the author shares what he has learned in his own journey to heal leaky gut. Very informative!

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