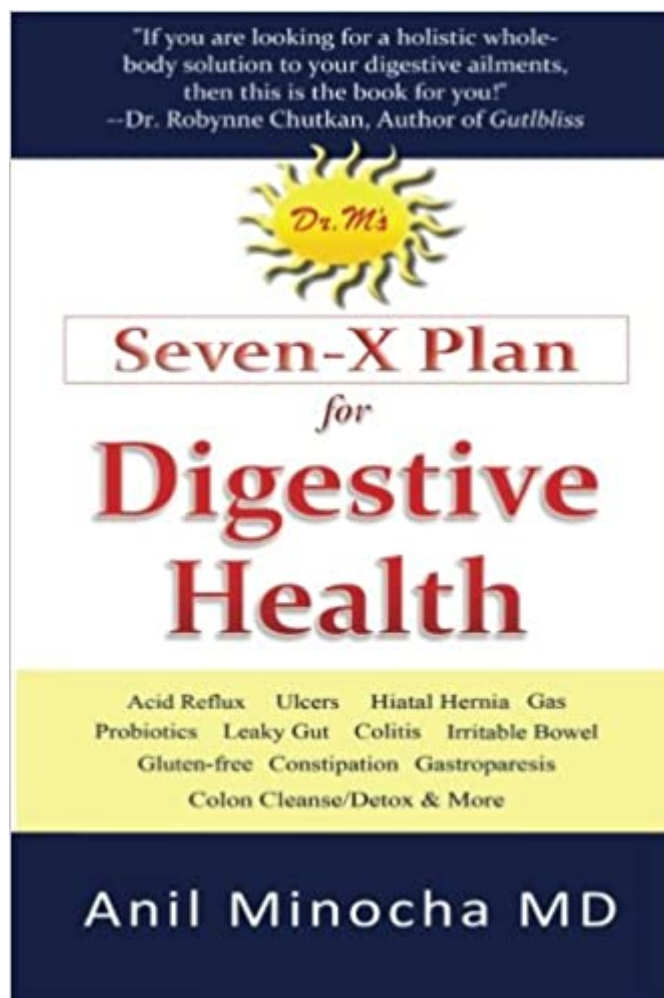


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# Dr. M's Seven-X Plan For Digestive Health: Acid Reflux, Ulcers, Hiatal Hernia, Probiotics, Leaky Gut, Gluten-free, Gastroparesis, Constipation, ... & More (Digestive Wellness) (Volume 1)





## Synopsis

Wall Street Journal Best Seller! Don't you want to be healthy like everyone else? Eject Gut-Roots of Your Sickness and Take Your Life Back! Renowned gastroenterologist and nutritionist shares his Seven-Point Digestive Restoration Plan based on Hippocrates principle that, "All Illness Begins in the Gut". "Dr Minocha's Seven-X Plan for Digestive Health is a valuable contribution to the field of gastroenterology. If you are looking for a holistic whole-body solution to your digestive ailments, then this is the book for you!"--Dr. Robynne Chutkan, Founder of the Digestive Center for Women. True health care reform begins with your gut! The roots of your future health were laid while you were in the womb and during your early years. Genes are only a small part of it! If you are at a loss as to what is wrong and why you can't be healthy, think about your gut. In your gut reside trillions of bacteria. Only a single microscopic cell lining separates your body from these bacteria. These bacteria, good and bad, affect your health 24/7 via the Gut-Immune-Skin-Brain axis. "A treasure trove of key information on probiotics, intestinal infections, and everything you ever could want to know about the digestive system."--Chris Adamec, co-author of Fibromyalgia for Dummies. Your gut occupies a central role in your health! Not only are chronic digestive illnesses widespread, there continues to be a rise of autism and allergies in kids, as well as chronic pain like fibromyalgia, migraine, and interstitial cystitis in adults. Arthritis, acne, and psoriasis are widespread. All of these are associated with high-intensity GI problems. What is leaky gut and how can you strengthen it? What kind of foods should you avoid? Which probiotic should you take? What is a good way to do a colon cleanse, flush, and detox? Is there a natural treatment for IBS? Dr. Minocha's Seven-X Plan provides invaluable information and answers to the above questions and a lot more. "Hooray! Thanks to Dr. Minocha ... his practical Seven-X Plan is easy to understand and follow..... anyone who struggles with a digestive condition, especially those who have not found relief from traditional medicine!"-- Jill Sklar, author of The First Year: Crohn's Disease and Ulcerative Colitis. "If the proverbial 'cast iron' describes only other people's stomachs, you'll be fascinated by this accessible and infinitely helpful guide to your own GI system and how to keep it healthy." -- Victoria Moran, author of Main Street Vegan. Today is the first day of the rest of your life. Time to take action and get healthy is now! Take action now!

## Book Information

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## Customer Reviews

This book is good as a reference for multiple digestive related diseases, their symptoms and treatments. Lots of information that feels like the summaries taken from the references provided after each chapter. I did not find out what "Seven-X Plan" really means. Key point is eliminate gluten, milk, sugar containing foods and use probiotics and herb supplements. Different for each condition of course. Basically experiment on yourself to figure out what helps. I also was amused on the statement: "Avoid the foods your ancestors avoided - they also stayed clear of chronic diseases like heart disease, diabetes, cancer" How far should we look for ancestors? Paleolithic, ancient, medieval, modern times? They all ate differently. First of all, we really do not know for sure what they ate and what quality and quantity, second, even when we know what they ate it might not be available anymore or may be modified to become completely different food, and third we do not know if our ancestors had those chronic diseases or not, they lived much shorter lives (25-40-60 years) so they just did not have chance to develop those diseases, they died of hunger, simple injury or childbirth. Please, STOP referencing our ancestors as an example of good nutrition, it was not good nutrition in any way.

An Outstanding Serious Work! Most of the diet Kindle books even though they are informative are just an overview and most often written by a overseas outsource writer. This powerful handbook is written by a world famous MD, Dr. Anil Minocha. Pay attention to this work as it seems that the information contained will put you into the health breakthrough of the future, today. I write diet recipe books and I feel it is my job to read and study health breakthroughs and most important diet. Mark my word the good doctor's Seven-X Plan will be modeled by many and released under a new diet

names. What information you need to know is about digestive health. It was not that long ago that it was discovered that ulcers, that has been an incurable health problem for years, was a simple bacteria in the stomach and it could be cured with a standard antibiotic pill in about three weeks. Ulcers was a digestive problem but no one looked.. This book takes you on the long ride to digestive health. It is a hard book to review as there is nothing that can be covered quickly. Dr. Minocha covers in simple easy to understand language the reason why Seven-Plan works. You learn about gut-bacteria (you will be hearing a lot about this soon, watch the health news.) and how it is affecting your life. The doctor also steps outside today's box to bring you new ways to handle the digestive problems. And by the way you will learn what many problems you would not think of being digestive can be cured (?) by simple changes in your diet. Acid Reflux, Hiatal Hernia, Constipation, Irritable Bowel, and Gas are just a few of the problems covered. You will be surprised, at least I was, discovering if a vegetarian diet really healthy? Is organic food more nutritious than conventional food? The real answer is no, a recent study from Sanford University showed organic food is not more nutritious but you will learn why it is very important to eat organic food. I could write a book on what I learned from this work. In fact I am sure someone will. It will definitely affect my future writing on health and food. If you care about your health, even if you are not looking for a new diet, you should read this book. It will open your eyes to say the least. Highly Recommended!

For 14 years docs could not pinpoint my disorder or offer treatment. Not even Mayo Clinic. After reading the book, taking notes and attempting to follow the recommendations, I saw a SIGNIFICANT improvement in 48 hrs! I'm a believer!!!

This is without a doubt, the most comprehensive book on gut health issues I've ever read. While there are some healing choices that are not for me, such as hypnosis & ayurveda practices, all alternatives are discussed. Many books written by self appointed experts do not include the science to back up their claims. People continue to buy their books (and everything else they sell), because we are desperate for answers. This is a different approach. This doctor has nothing to sell. He provides clear, understandable information, and options for treatment. I cannot believe this book cost me 99 cents! Invaluable guide. Thank you!

I am thankful to Dr. M for sharing his knowledge with all of us via this well written book that explains everything in layman terms about the digestive system. Not many doctor / medical terms are used which an ordinary person cannot understand . The best part is it does not confuse a person with big

medical terms. This book is a must have for all moms too. It is amazing how the writer / Dr. M has expressed his knowledge that is easy to take in and correlate it to our daily health issues. Manu

Dr. Minocha is one of the foremost and knowledgeable doctors I have ever read. The book makes for an easy yet very informative read. Dr. M is one of the only few physicians' in this field who has holistic knowledge about not only mainstream medicine but also has profound knowledge about alternative/complimentary medical fields. Specially in the day of GMO's and ever changing food industry!, not only the general public, but also every doctor should read this book. Thank you Dr. M, you have filled the void in this field of medicine which is hardly taught in the medical schools. Appreciate the fantastic and successful effort. And this review comes from a practicing Cardiologist. Great read, buy it, read it, remember it.

This book had more useful information than I get at my GI docs office. And he works at Stanford!! If you have IBS (like my Mom) or gastroparesis (like me) READ THIS NOW!!! And if its gastroparesis, get some Iberogast, too. Why wasn't I told about that stuff 6 years ago?!!! He also straightens out the whole, confusing mess about probiotics. Best \$2 I ever spent!

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