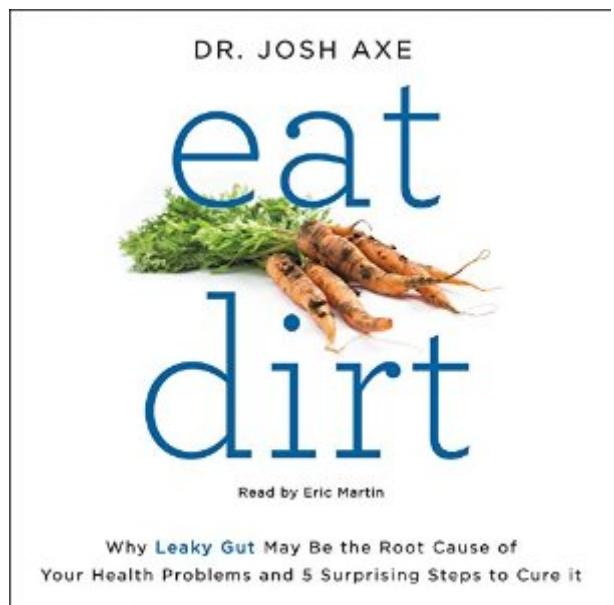


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Eat Dirt: Why Leaky Gut May Be The Root Cause Of Your Health Problems And 5 Surprising Steps To Cure It



Synopsis

Doctor of natural medicine and wellness authority Dr. Josh Axe delivers a groundbreaking, indispensable guide for understanding, diagnosing, and treating one of the most discussed yet little-understood health conditions: leaky gut syndrome. Do you have a leaky gut? For 80 percent of the population, the answer is yes - and most people don't even realize it. Leaky gut syndrome is the root cause of a litany of ailments: chronic inflammation, allergies, autoimmune diseases, hypothyroidism, adrenal fatigue, diabetes, and even arthritis. To keep us in good health, our gut relies on maintaining a symbiotic relationship with trillions of microorganisms that live in our digestive tract. When our digestive system is out of whack, serious health problems can manifest, and our intestinal walls can develop microscopic holes, allowing undigested food particles, bacteria, and toxins to seep into the bloodstream. This condition is known as leaky gut syndrome. In Eat Dirt, Dr. Josh Axe explains that what we regard as modern "improvements" to our food supply - including refrigeration, sanitation, and modified grains - have damaged our intestinal health. In fact, the same organisms in soil that allow plants and animals to flourish are the ones we need for gut health. In Eat Dirt, Dr. Axe explains that it's essential to get a little "dirty" in our daily lives in order to support our gut bacteria and prevent leaky gut syndrome. Dr. Axe offers simple ways to get these needed microbes, from incorporating local honey and bee pollen into your diet to forgoing hand sanitizers and even ingesting a little probiotic-rich soil. Because leaky gut manifests differently in every individual, Dr. Axe also identifies the five main "gut types" and offers customizable plans - including diet, supplement, and lifestyle recommendations - to dramatically improve gut health in just 30 days. With a simple diet plan, recipes, and practical advice, Eat Dirt will help listeners restore gut health and eliminate leaky gut for good.

Book Information

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Customer Reviews

At first, I thought this book was only mildly interesting. Then, I decided to take the "Leaky Gut" test. The author uses these simple questions to check the likelihood that the "good" microbes in your gut have been harmed. To my astonishment, I had many of the leaky gut symptoms noted in the test (and which my current physician has not resolved.) Okay, at this point, I got a LOT more interested in what Dr. Axe had to say. Dr. Axe's main point is that we need to get back to the bacterial DIVERSITY that we used to have: "Bacterial diversity keeps the whole system in balance." The idea is, this balance requires lots of different bacteria. This used to happen naturally in our environment and diet, but when we started to use tons of chemicals, and changed our food composition, we began to reduce the types of bacteria in our gut. EAT DIRT contains a pretty detailed technical discussion about how our digestive system works, and the important layers in our gut. The doctor explains that these layers protect our body from dangerous pathogens. The health of this barrier is affected by certain chemicals. Research shows that these chemicals are released by the over-consumption of gluten. When the protective wall thins, this leads to the "leaky gut" syndrome, with all the nasty symptoms. The author cites quite a bit of scientific studies, but he admits that the field is changing, and that tons of research is ongoing. In fact, he notes that there have been over a thousand new research studies in the last year alone. There are lots of interesting studies cited that seem to support the author's ideas. Perhaps the most intriguing, for me, was one study that linked bacterial diversity to lower body weight and lower fat.

I have been obsessed with Dr. Axe since discovering his YouTube channel. I have been anxiously awaiting Eat Dirt and it does not disappoint. This time last year I was 35 pounds lighter, muscles were well defined and I felt great. All of that started to change in May of 2015. I compete in OCR & exercise 5-6 days per week as well as eat very clean. That did not change, however weight started to come on. After 15 pounds, I went to my primary and she reluctantly tested my thyroid. When it came back normal, I took that to mean it was within my control. I dug in deeper with my nutrition. I went vegan. I worked out more. I started experiencing depression and anxiety, extreme fatigue, horrible PMS. I was up 27 pounds and went back to my primary. She reluctantly ran a full thyroid panel, although she felt it was unnecessary as we shouldn't worry until I was up 100 pounds...what?? I asked her if it's not my thyroid, what could it be. Her response, "I don't know."

She referred me to an endocrinologist. 3 days later my labs come back normal and they inform me that the endocrinologist will not schedule with me because my thyroid is fine. That's where conventional medicine left me. I started researching and stumbled upon Dr. Axe. I immediately started implementing his recommendations into my daily routine. The depression and brain fog started lifting. The weight gain stopped. The energy started coming back. I got my life back! Now I'm ready to kick this weight to the curb by implementing what I have learned in Eat Dirt. Some of my favorite quotes in the book: "We CAN heal. We just need to summon the collective will to change some of our long-standing but extremely damaging habits â€“ especially our deadly addiction to being clean.

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