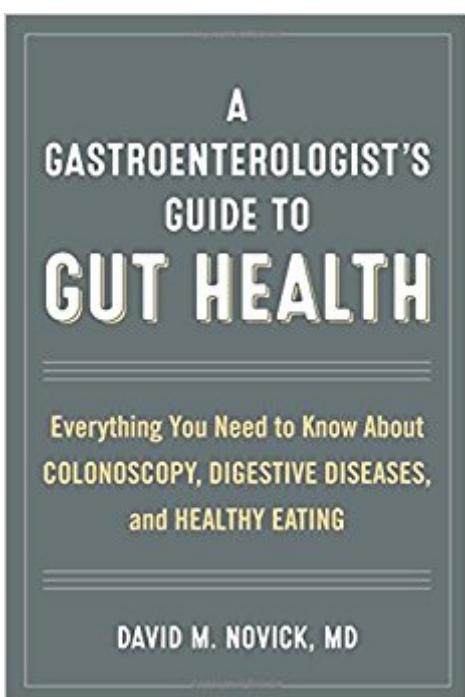


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# A Gastroenterologist's Guide To Gut Health: Everything You Need To Know About Colonoscopy, Digestive Diseases, And Healthy Eating



## Synopsis

Millions of Americans have complaints about, or disorders of, the esophagus, stomach, intestines, liver, gallbladder, or pancreas, all of which comprise the gastrointestinal (GI) tract. This book provides accurate, reliable, and up-to-date information on the most common GI disorders. Written by a gastroenterologist with decades of clinical and research experience, *A Gastroenterologist's Guide to Gut Health* provides the advice that Dr. Novick gives to patients in his practice every day, written in a clear, conversational, and easily understandable style. Advocating strongly for colon cancer screening and prevention, he walks readers through the process of colonoscopy, demystifying the procedure so patients know exactly what to expect. A review of alternatives to colonoscopy are also included. In addition to colonoscopy and colon cancer, Dr. Novick reviews irritable bowel syndrome, inflammatory bowel disease (Crohn's disease and ulcerative colitis), celiac disease, acid reflux, hepatitis C, hemorrhoids, and many other GI diseases. He provides clear and specific details on best nutrition practices and explains how to get the most out of your visit to the doctor. Anyone with questions about digestive health, prevention, and screening will find here a ready and accessible resource for staying healthy and feeling good.

## Book Information

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## Customer Reviews

The gut is one of the most important parts of our body, keeping it in shape is a key to staying healthy. I am delighted to see that my long-time friend Dr. Novick took the time to explain the functions of each part of our gut, the consequences if our gut is not in good shape, and how to

prevent gastrointestinal and liver diseases. This book combines up-to-date medical information and decades of experience of the author. It is an easy read for everyone interested in maintaining gut health or in keeping gut ailments away. (Anna S. Lok, MD, Director of Clinical Hepatology, Assistant Dean for Clinical Research, University of Michigan)An appealing and informative book that belongs in every doctor's waiting room! Gastroenterology procedures scare people, but this book will reassure them. (Martha Moody, physician and best-selling author of *Best Friends and Sharp and Dangerous Virtues*)Despite all the publicity, too many people do not get colon cancer screening or other needed care. Dr. Novick's book uses clear medical writing and humor to help people overcome their fears. (Annie Roboff, song and music writer, *This Kiss, That's the Way*, and *Unbroken*)I wish I had this book before my colonoscopy, as it would have assuaged my fears about how a colonoscopy will feel (like nothing!) and calmed my nerves about what I might say under sedation (which thankfully wasn't much). (Courtney Reagan, CNBC reporter)Dr. Novick's book is the third in recent years to clearly explain the digestive system. Gut brilliantly explains how it works, Gulp gives the fascinating back-stories, and this book gives you the elements of successful diagnosis and treatment. Dr. Novick's expertise provides authentic and accessible information regarding gut health. This is a book everyone should read. (Anne Marie Romer, RN, GI Nurse and Author of Blog, *The Space Between*)As an advocate for people to have colonoscopies (an earlier one could have saved my husband's life), I found this book to be just what the doctor ordered. If one life is saved through this book, then Dr. Novick's commitment and hard work will have been worth it. I think it will help many. (Kate Carlisle, a badgering but loving advocate for colonoscopy)

David M. Novick, MD, is a board-certified gastroenterologist with extensive clinical and research experience. He is a Fellow in the American College of Physicians and the American Association for the Study of Liver Diseases. He is a Clinical Professor of Internal Medicine at Wright State University Boonshoft School of Medicine in Dayton, Ohio and an adjunct faculty member at The Rockefeller University in New York City. Novick has more than 70 medical publications. He is a 2014 Erma Bombeck Writing Competition award winner and is published in *Hippocampus Magazine*, *Fix.com*, and *Ohio Lawyer*. He is currently in private practice in gastroenterology with special interests in liver diseases and addiction medicine.

Thank you Dr Novick for sharing your extensive knowledge in the field of digestive diseases in an easy to comprehend manner. This book is a valuable resource for anyone who wants to better

understand digestive medical conditions and improve their overall health. I appreciate the nutritional advice and medical testing explanations for me to take charge of my health and better manage my family's care.

Dr. Novick makes the awkward conversation of colon health accessible and comfortable. His writing style is engaging and welcomes everyone to deeper understanding of how to maximize good health by way of digestion!! This is a great book to keep on your bookshelf for reference and clarity regarding all matters of your colon.

An extremely accessible guide to a complex subject - the organization and presentation style are outstanding. The book contains good advice from a physician with decades of experience; it's a great layman's reference!

Dr. Novick's book is written in a format that is easily understood by those who are not part of the medical community. It provides valuable information and helps alleviate the fear of having a colonoscopy.

A Gastroenterologist's Guide to Gut Health is a phenomenal book as a GI tech with years of experience in the GI field and my own minor digestive issues I find this book as my dictionary and a lifesaver and also having a sister who suffers from ulcerative colitis for almost 20 years is a perfect gift for her guide. This book will not only help u understand your condition but also help u better your condition. This book is very complex and easy to read and understand and the chapters educates you about everything u need to know about digestive health and how u can create a healthier lifestyle and also the warning signs and what to expect for your first colonoscopy screening . This book is a must have

A Gastroenterologist's Guide to Gut Health is an easy-to-read resource for everything GI. Whether you're nervous about that upcoming colonoscopy or you're looking for answers on a healthy diet, let author Dr. David Novick walk you through it. The writing style is informative with bits of humor to keep it light. The chapters flow nicely and are filled with visual aids and case reports. Take-home messages are included throughout to summarize and emphasize key points on each subject. As a GI nurse, I wish I would have had this book when I was new to the field. It will be an excellent resource for nursing and medical students to come. As a daughter, grand-daughter, sister, niece,

friend, and acquaintance, I cannot wait to refer all those I know to this book. This book has the power to educate and save lives.

A Gastroenterologist's Guide to Gut Health is a comprehensive, easy to read walk through the digestive system. Most people put off having necessary colonoscopies, a valuable and important tool for colon cancer screenings. Dr Novick's chapter "Preparing for Colonoscopy" will answer your questions and allay your fears and assumptions regarding this potentially life saving procedure. As a Registered Nurse it was a great refresher to read and would be helpful for anyone to have on hand as a reference guide. Terri Sheidler, R.N.

Everyone should have a copy of this book at home instead of spending hours searching the web for any tummy trouble! It explains, in layman's term, the functions of each part of the gut and discusses GI ailments, diseases, symptoms, "fixes" and prevention. Dr. Novick's use of humor, as well as current medical information, provides reassurance and alleviates the fears associated with procedures such as "the dreaded colonoscopy!" Also a plus...the good doctor will donate 10 percent of royalties received to charities that will benefit people with GI diseases.

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