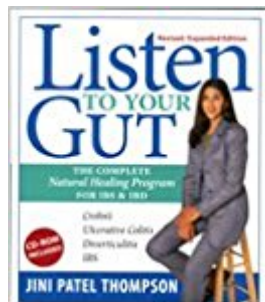




The book was found

Listen To Your Gut: The Complete Natural Healing Program For IBS & IBD, Revised Edition



Synopsis

This revised and expanded version of expert Jini Patel Thompson's complete natural healing program for irritable bowel syndrome and inflammatory bowel disease includes a 480-page hardcover book and accompanying CD. The companion CD contains helpful assessment and tracking tools including a Healing Journey Workbook, tests, charts, treatment plans and summaries, quick reference guides and a food diary.

Book Information

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Customer Reviews

This revised and expanded version of expert Jini Patel Thompson's complete natural healing program for irritable bowel syndrome and inflammatory bowel disease includes a 480-page hardcover book and accompanying CD. The companion CD contains helpful assessment and tracking tools including a Healing Journey Workbook, tests, charts, treatment plans and summaries, quick reference guides and a food diary.

Got this book for my father in law. I thought it would be insightful and helpful. I read a couple of chapters and thought it was a good purchase and worth reading and possibly trying her ideas.

I'm an ulcerative colitis patient, and bought this book and read it thoroughly and started implementing many of the mentioned protocols *religiously*. I realized the element diet was not effective for me, nor was the natren probiotics. Both of them caused me abdominal pains which I didn't have before starting them. I did find use of Udo's oil and L-glutamine effective, and agree on

the emotional healing and environmental changes concepts in her book. I did those and they helped in overall mental peace in me. In short note, not all of Jini's protocols are effective. Listen to your gut when following any protocol in her books. If you are like me with ulcerative colitis, be extremely careful as her methods were devised initially for Crohn's disease. For my experience, I am having slow but steady progress with David Klein's book 'Self Healing Crohn's and Colitis'

Excellent book. The author is much more knowledgeable than most doctors about the topics discussed. In fact the conditions covered in the are basically beyond most doctors today. Get this as a reference book for today and future reference also because this is just one more subject today's doctors cannot address.

Great book. Helped my Son with his malady

Life changing. Read it. I follow specific carb diet, very curative as well. Elemental: a SOLID tool. Healed also using TPN. Asorb plus unsweetened vanilla tastes great. Golden light meditation, two hands on belly, feeling the power center, highly recommended.

The book has you flipping from one section to another trying to piece together information which I found annoying and distracting. Very comprehensive and a bit overwhelming especially when someone is in the middle of a severe flareup. Probably best to familiarize oneself with content during time of remission.

Great book

Good Information. Timely arrival.

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