



Heal Your Gut: A healing protocol and step-by-step program with more than 90 recipes to cleanse, restore, and nourish

By Lee Holmes

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Heal yourself of nasty food intolerances and nourish your body by starting with your gut!

Heal Your Gut is a beautifully designed and photographed step-by-step protocol for restoring your inner gut health, via a treatment program and detox regime--supported by 90 anti-inflammatory recipes to heal and nourish. Whether you're suffering from a health issue aggravated by diet and a poorly functioning digestive system, or whether you have an autoimmune or digestive disorder, food allergies or intolerances, IBD, IBS, Crohn's disease, celiac disease, leaky gut, inflammatory issues, thyroid problems, neurological disorders, obesity, diabetes, arthritis or fibromyalgia, this book will provide you with information, meal plans, and anti-inflammatory recipes to really heal your gut and get you back on track with your health. By following the protocol you'll feel more vibrant and alive, and have energy to burn. This book isn't just another fad diet: it contains recipes that have been specifically created to heal and also deliver vital nutrients, vitamins, and minerals to get your body systems functioning optimally.

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Editorial Review

About the Author

Lee Holmes is a holistic nutritionist, yoga teacher, wholefoods chef, Lifestyle Food Channel's Healthy Eating Expert and author of the best selling books Supercharged Food: Eat Your Way to Health, Supercharged Food: Eat Yourself Beautiful, Eat Clean, Green and Vegetarian, Heal your Gut. Eat Right for Your Shape and Supercharged Food for Kids. Lee also runs a four-week online 'Heal Your Gut' program. She is a columnist with Wellbeing and Danny Seo's Naturally Magazine and her articles have appeared in leading Australian newspapers and journals, as well as The Times and The Telegraph, The Daily Express in the UK and The Huffington Post in the US. Lee's entrepreneurial spirit saw her appearing on Network Ten's Shark Tank Australia, securing a deal with Janine Allis from Boost Juice to further spread the Supercharged Food message. Lee's blog won the overall award at the Bupa Health Influencer Awards in 2013 as well as the best blog in the Healthy Eating Category. You can find Lee blogging over at www.superchargedfood.com a website which encourages S.O.L.E food: sustainable, organic, local and ethical. It features delicious recipes, information, news, reviews and menu planning ideas to make it easy for people to enjoy a satisfying, wholesome and nourishing diet.

Users Review

From reader reviews:

Carol Rodgers:

Information is provisions for individuals to get better life, information today can get by anyone on everywhere. The information can be a know-how or any news even a huge concern. What people must be consider if those information which is within the former life are challenging to be find than now is taking seriously which one would work to believe or which one typically the resource are convinced. If you find the unstable resource then you obtain it as your main information you will see huge disadvantage for you. All those possibilities will not happen in you if you take Heal Your Gut: A healing protocol and step-by-step program with more than 90 recipes to cleanse, restore, and nourish as your daily resource information.

Elizabeth Brock:

Spent a free the perfect time to be fun activity to try and do! A lot of people spent their spare time with their family, or their friends. Usually they carrying out activity like watching television, planning to beach, or picnic inside the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? Could be reading a book may be option to fill your free time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to attempt look for book, may be the guide untitled Heal Your Gut: A healing protocol and step-by-step program with more than 90 recipes to cleanse, restore, and nourish can be good book to read. May be it may be best activity to you.

Evelyn White:

Heal Your Gut: A healing protocol and step-by-step program with more than 90 recipes to cleanse, restore, and nourish can be one of your starter books that are good idea. Most of us recommend that straight away because this guide has good vocabulary that could increase your knowledge in language, easy to understand, bit entertaining however delivering the information. The author giving his/her effort to place every word into joy arrangement in writing Heal Your Gut: A healing protocol and step-by-step program with more than 90 recipes to cleanse, restore, and nourish yet doesn't forget the main place, giving the reader the hottest along with based confirm resource facts that maybe you can be one of it. This great information could drawn you into new stage of crucial pondering.

Ruby Sprankle:

The book untitled Heal Your Gut: A healing protocol and step-by-step program with more than 90 recipes to cleanse, restore, and nourish contain a lot of information on the item. The writer explains your girlfriend idea with easy technique. The language is very straightforward all the people, so do not really worry, you can easy to read it. The book was written by famous author. The author provides you in the new period of time of literary works. You can actually read this book because you can read more your smart phone, or gadget, so you can read the book within anywhere and anytime. In a situation you wish to purchase the e-book, you can wide open their official web-site and also order it. Have a nice study.

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