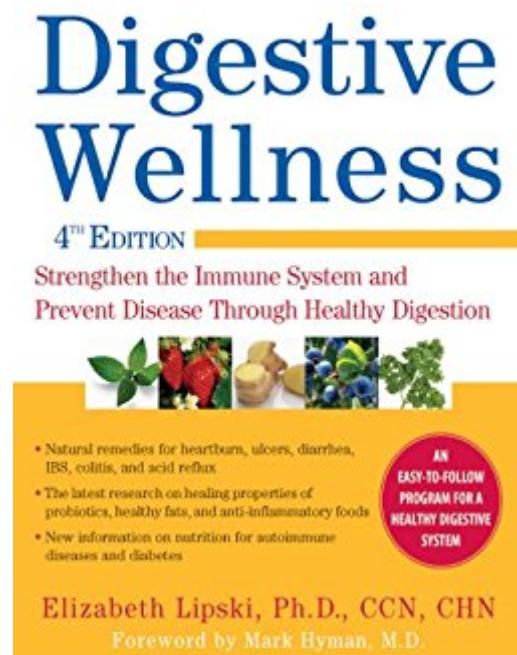


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# Digestive Wellness: Strengthen The Immune System And Prevent Disease Through Healthy Digestion, Fourth Edition (All Other Health)



## Synopsis

The definitive guide to healthy digestion! *Digestive Wellness* explains how your digestive system works and what to do when it doesn't. You'll find practical solutions to all the common gastrointestinal disorders (and many other conditions) and expert guidance on the newest advances in testing and diagnosis, nutrition, and natural therapies. Plus, you'll learn how faulty digestion can affect the human body systemically, from migraines and skin issues to fibromyalgia and chronic fatigue syndrome. Dr. Lipski offers a practical toolkit to support each of us—clinicians and patients—to return to wellness by bringing our gastrointestinal system back into balance and harmony. I believe that you will deeply benefit from joining Dr. Lipski on this journey toward digestive wellness.

•Patrick Hanaway, M.D., Chief Medical Officer, Genova Diagnostics; President, American Board of Integrative Holistic Medicine

“For anyone who has an interest in truly understanding how the gut works or is just interested in finding ways to optimize quality of life during the aging process, *Digestive Wellness*, 4th Edition is a must read.”

•Jeffrey Moss, D.D.S., CNS, DACBN, Moss Nutrition

“Liz Lipski explains digestion in a most appetizing and personal way. Even better than the last edition, Liz updates her understanding and ours. Everyone with a digestive tract has a need to know what Dr. Lipski synthesizes so well.”

•Russell M. Jaffe, M.D., Ph.D., CCN, founder, ELISA/ACT Biotechnologies, LLC, and Perque, LLC

“Dr. Lipski has written an easy-to-read and highly informative book that will help the general population and practitioners alike understand what the problem is and how to treat it. It is a must-read for anyone who wants to learn more about the intimate relationship between our digestion and our health.”

•Marcelle Pick, RNC, M.S.N., OB/GYN NP

## Book Information

File Size: 4846 KB

Print Length: 465 pages

Page Numbers Source ISBN: 0071668993

Simultaneous Device Usage: Up to 4 simultaneous devices, per publisher limits

Publisher: McGraw-Hill Education; 4 edition (September 9, 2011)

Publication Date: September 9, 2011

Sold by: Digital Services LLC

Language: English

ASIN: B005K8H13G

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #6,793 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal #1 in Kindle Store > Kindle eBooks > Medical eBooks > Special Topics > Nutrition #3 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal

## **Customer Reviews**

This is a large book dedicated to an educated readership of people that have the background and inclination to analyze and resolve their own medical problems. The book begins by introducing the reader to the components of the digestive tract. It is an extraordinarily elaborate system, made up of large areas for absorption, a circulatory system to carry nutrients to the body and wastes back, and its own almost autonomous nervous system capable of functioning independent of the brain. A healthy digestive tract is fundamental to overall health. Moreover, seemingly unrelated problems elsewhere in the body — a fuzzy brain, migraine headaches, pains in the elbows and knees — can very often be traced back to problems in nutrition and digestion. The next part is dedicated to the DIGIN model she refers to throughout the remainder of the book in pointing out where problems originate. The acronym consists of the following: Digestion/absorption/Intestinal permeability/Gastric flora/Immune system/inflammation/Nervous system/Intestinal permeability is a fairly recent concept. The intestine walls are designed to allow nutrients, small molecules, to penetrate and enter the bloodstream, while restraining larger molecules within the gut. When the intestinal walls don't do this job, larger bacteria and other odd stuff goes floating through the body, causing problems that don't appear related to digestion. With this model in place, she proceeds to the theme of the book. Our bodies work when everything is in balance. We throw our bodies out of balance by taking in too much food, the wrong kinds of food and the wrong balance of foods. She is especially critical of two major industries that control our diet: the processed foods producers and the restaurant industry. They exploit our weak natures to improve their corporate profits, at the cost of our health. One of her favorite targets is the soft drink industry, filling us with sugars we don't need and acids that are hard

to digest. Balance goes beyond diet, however. Exercise is important, eliminating stress is important, and taking time to eat as well. Digestion begins in the mouth. If we don't have food that requires chewing, or don't take time to chew, the process does not get off to a good start. She reconfirms the wisdom of the home-cooked family meal, with the family saying grace as they savor the aroma, and then taking time to enjoy it. After this well constructed lead in, she comes to the most important part of the book for most readers: how to diagnose common problems associated with the digestion and how to treat them. She provides a number of lists for self-diagnosis, but also provides detailed information on the laboratory tests that a doctor can order to confirm the suspicion. There are so many conditions and tests available that you, the patient, and the doctor are obliged to do all you can to narrow it down for you present the problem to the medical establishment for a solution. Lipsky shows a good understanding of the pharmaceuticals involved in treating digestive problems as well as herbal remedies and dietary changes. Her preference is for the latter when they will work. They are more natural, and of course less expensive. However, she makes no bones about the fact that pharmaceuticals are often required. The most common complaint among Americans is heartburn, which now goes by the acronym GERD. She offers the very useful observation that heartburn is not a problem of excess stomach acid but rather misplaced stomach acid. As the valve meant to contain it within the stomach weakens with age, it gets up into the esophagus. The situation is exacerbated by the wrong food and drink, alcohol among the greatest offenders. Her useful observation is that the pharmaceuticals used to treat GERD can have detrimental side effects, tickly if used over the long-term. Proton pump inhibitors, a number one profit maker for the pharmaceuticals, lower stomach acid. This treats the symptom, but a proper level of acidity is essential to digestion on the other side of the stomach. Without enough acid, the microbes from the big intestine invade the small intestine and interfere with its ability to do its job. The take-home point is that there are no shortcuts. Good health ultimately depends on a good diet, good exercise and other good habits. She addresses a number of ailments that would not seem to be digestion related, among them migraine headaches, psoriasis, even autism. These conditions are complicated. They manifest them differently in different people, they may have some genetic basis, and they have different dietary triggers in different people. The book provides useful lists of things to look for and alternatives to try and treating such conditions. All this is in keeping with the view of medicine that she espouses. Rather than look at the body as something that is expected to be in perfect health, and requires treatment by a physician when it is not, she takes a wellness centered approach. We, the masters of our bodies, should take responsibility for keeping them well before problems occur, and also take an active role in diagnosing and treating problems to the extent that we can. We can

do this by changing our diet and lifestyle. Doctors and drugs are a necessary part of the system, but they cannot do it all themselves. I bought this book for my wife whose digestive issues seem to be impacting her hormonal system. In reading it I learned a lot about dealing with my own issue with heartburn and our babysitter's issue with migraines. I write this review two days after having read it. I expect to come back in a year with an update with regard to how effective the advice turned out to be.

This book is a revelation. I've read many books on gut health and few are as comprehensive as this one's explanations and solid supplement advice. I've had several aha moments reading Lipski's book directly relevant to my digestive issues and subsequent symptoms - she really integrates her nutritional and physiological knowledge in a manner that is truly relevant to the reader. Highly recommended.

Good book, with great info.

Full of great information & an easy read

Listening to your body is important. Mine is telling me that I need help with digestion of animal protein. I'm only about 1/3 of the way through the book and have learned quite a bit already. I'm excited to finish it to see if I can fix all of my digestive issues.

Digestive Wellness is the best book I have read on this topic. Once you read it, you will learn how much what we eat directly affects our health. If you are trying to figure out what is causing your health issues, I definitely recommend this. It is a must read!

This book is very interesting and detailed regarding your digestive system. It's an easy read that explains each part of your DS then goes on to instruct on how to heal it. I have only really begun to read it but can't wait to get back to it. I have begun to apply some instructions.

Love the ease in looking things up. There's a lot of information in this book, but it is easy to understand and very educational. I'm always looking for ways to understand how to be in better health, and this book is very helpful in that way.

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