



The Gut Healing Protocol: An 8 Week, Holistic Guide To Rebalancing Your Gut

Kale Brock

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The Book That Will Completely Change Your Life The science world is confirming that which Hippocrates said some 2400 years ago; ‘all disease begins in the gut’. With the race to discover the microbiome alive & well, the fundamental principles of healing the gut have remained the same for thousands of years; reduce the inflammation & heal the gut lining. In this stunning book, health journalist Kale Brock investigates the fundamental role the gut microbiome plays in your health. In The Gut Healing Protocol, Brock shares; - A scientific round-up of the gut; how it works & how it can influence your health - Discussions on points of view of world experts on the microbiome - The roles played by the various microbes who live on & inside of you - Why eliminating certain foods can drastically decrease the inflammation in the gut - Why the addition of certain foods & supplements can assist in healing the gut lining - A comprehensive, gentle 8 Week Program for you to undertake - Stunning, delicious recipes The Gut. It’s one of the hottest topics in science right now. Scientists the world over are scrupulously investigating the role that our microbiome and subsequent functioning of the intestinal lining play in our health & wellbeing. Let me tell you, they’re discovering some amazing things, many of which I will share with you in this book. This book is not a scientific journal or investigative report but rather a simple action plan, with validating references, that you can take to improve your gut-health & furthermore to improve your overall health & vitality! This book is called The Gut Healing Protocol because it primarily focuses on healing the lining of the gastro-intestinal tract. For the nerdy, it involves tightening up the junctions of the epithelium so that inflammatory mechanisms can be shut down throughout the body so that optimal cellular functioning can be achieved. This program is like a chiropractic adjustment for the gut & similar to the wonderful benefits we receive from aligning the spine, re-aligning & rebalancing the gut results in a powerful impact on the entire body.

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