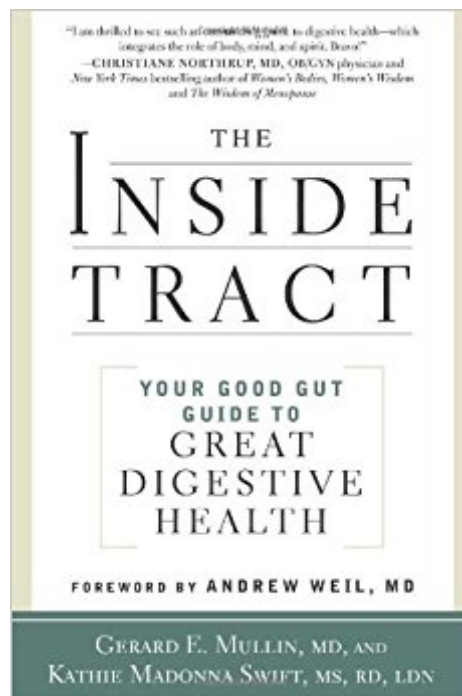




The book was found

The Inside Tract: Your Good Gut Guide To Great Digestive Health



Synopsis

More than 60 million Americans suffer from digestive disorders such as gastroesophageal reflux disease and irritable bowel syndrome. In *The Inside Tract* by Gerard E. Mullin, MD, a comprehensive plan for overcoming these common digestive ailments, you'll learn how a simple regimen of dietary changes, supplements, and a 7-step lifestyle modification program can help heal intestinal problems and get you on track to vibrant health!

Book Information

Paperback: 368 pages

Publisher: Rodale Books; Original edition (July 5, 2011)

Language: English

ISBN-10: 1605292648

ISBN-13: 978-1605292649

Product Dimensions: 6.1 x 1 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 103 customer reviews

Best Sellers Rank: #73,042 in Books (See Top 100 in Books) #55 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal

Customer Reviews

• The Inside Tract, by the world's leading digestive health experts, Gerry Mullin and Kathie Swift, takes the latest science of why your gut goes bad and how to fix it and provides a practical, step-by-step guide to ending suffering from reflux, irritable bowel syndrome, inflammatory bowel disease, and many other chronic health problems. This revolutionary book may be your ticket to health. • Mark Hyman, MD, New York Times bestselling author of *The UltraMind Solution* and *UltraMetabolism* • The sooner you acquaint yourself with the information in this splendid book, the more likely you are to live a healthy, fulfilling life. *The Inside Tract* is a brilliant achievement. It takes away the mystery of GI function and provides sensible, scientific information that anyone can follow. In the highest sense, this is a book about healing. • Larry Dossey, MD, author of *Reinventing Medicine and Healing Words*

Gerard E. Mullin, MD, is an associate professor of medicine and director of Integrative GI Nutrition Services at Johns Hopkins. He is internationally renowned for his work in integrative gastroenterology and nutrition. Kathie Madonna Swift, MS, RD, LDN, is an integrative and functional

medicine dietitian and culinary nutrition leader for the Food As Medicine training program. She practices in the Berkshires, MA.

My husband has Crohn's disease and I have read every book out there about digestion and nutrition. Even so, I have learned a great deal from Dr. Mullin. We are hopeful about trying his plan. Update: We went out to Johns Hopkins to see Dr. Mullin. My husband's Crohn's ended up being too severe to be helped with diet and supplements alone and so he just started Humira. Dr. Mullin and his assistant were very compassionate and worked hard to give us the best resources. We're now seeing a dietician who is affiliated with Kathie Swift. She practices functional medicine and feels confident he can eventually control his symptoms without medication. I feel like this book led us to the resources that will ultimately help my husband regain full health.

This book has been a great help with the menus and clear information about how to work with an elimination diet and reintroduce foods, as well as giving 3 different methods for dealing with digestive diseases and problems. It's been helping both me and my mother. Thanks.

This book is a very easy read and a good overview in lay-terms of how the digestive tract works. The authors' recommendations are based on 20 years of clinical experience and scientific background, making the book a great resource for anyone confused about just what constitutes healthy eating and why. For those with digestive problems, it does a truly excellent job of explaining how to heal the gut through diet and supplements, without being linked to any particular brand of supplement. I originally got the book for my I-pad and ended up ordering a print version from because, as a reference, I find it much easier in the printed than electronic format.

This book is a great help to those of us with GI dysfunction. Gerard Mullin knows what he is talking about and the recipes make it easy to make a change that will help your gut health. It explains the whys and why nots of certain foods and it certainly helped my GERD when I did tract 2 for 2 weeks.

The dangers of modern medicine are explained and details on how to correct your health through diet and lifestyle with the focus on your digestion as the first step. Don't let Doctors make you sicker - you have to do your own research and get second opinions before blindly following the path of drugs and surgery. And if you feel your Doctor doesn't listen to you, get a new Doctor. It is not "All in your Head", you know what your body is doing better than they do, keep looking and you will find

the cause of your symptoms.

Locked the book very much...lots of helpful information. I have many different dietary issues and so none of the diet recommendations fit perfectly. It would have been nice to have some suggested substitutions for the Track III smoothie. Great guide for those just getting started with treating gut issues. The author's estimation of the time required to get good digestive health restored seems pretty optimistic to me. Lots of recipes, which might be useful if there are not too many food sensitivities to be considered.

I am about half-way through the book, and already it has been fantastic at really breaking things down and explaining **exactly** how your digestive tract works, from end to end, so that you can then understand what you are doing wrong, and what changes you can make (often simple) to have better digestive health, or even just to fine tune things so that you don't have awkward digestive situations. And that is coming from someone who already knew a fair amount about health and diet!

This book was recommended to me by a friend and I purchased immediately. It is an excellent book if one is looking to maintain good digestive health. It has a lot of information and explanations of the digestive tract written in a manner that the lay person can understand. The author has added recipes and foods that should or should not be eaten. This is definitely a book one would read slowly so as to digest all of the information afforded here. It is a book you will use for a long time to come.

[Download to continue reading...](#)

Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) Odze and Goldblum Surgical Pathology of the GI Tract, Liver, Biliary Tract and Pancreas, 3e (Odze, Surgical Pathology of the GI Tract, Liver, Biliary Tract, and Pancreas) The Inside Tract: Your Good Gut Guide to Great Digestive Health Resistant Starch: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut Book 1) Is It Leaky Gut or Leaky Gut Syndrome: Clean Gut, Allergies, Fatty Liver, Autoimmune Diseases, Fibromyalgia, Multiple Sclerosis, Autism, ... & More (Digestive Wellness) (Volume 2) IS IT LEAKY GUT OR LEAKY GUT SYNDROME: Clean Gut, Allergies, Fatty Liver, Autoimmune Diseases, Fibromyalgia, Multiple Sclerosis, Autism, Psoriasis, Diabetes, ... & More (Digestive Wellness Book 2) The Gut Balance

Revolution: Complete Digestive Health Program for a Healthy and Clean Gut (Abdominal Health Book 6) Dr. M's Seven-X Plan for Digestive Health: Acid Reflux, Ulcers, Hiatal Hernia, Probiotics, Leaky Gut, Gluten-free Gastroparesis, Constipation, Colitis, ... & more (Digestive Wellness Book 1) Dr. M's Seven-X Plan for Digestive Health: Acid Reflux, Ulcers, Hiatal Hernia, Probiotics, Leaky Gut, Gluten-free, Gastroparesis, Constipation, ... & More (Digestive Wellness) (Volume 1) Gut Reactions: Understanding Symptoms of the Digestive Tract Permanently Beat Urinary Tract Infections: Proven Step-by-Step Cure for Urinary Tract Infection and Cystitis. All Natural, Lasting UTI Remedies That Will ... Infections (Women's Health Expert Series) Digestive Health with REAL Food: A Practical Guide to an Anti-Inflammatory, Nutrient Dense Diet for IBS & Other Digestive Issues The Gut Makeover: 4 Weeks to Nourish Your Gut, Revolutionise Your Health and Lose Weight The Gut Health Protocol: A Nutritional Approach To Healing SIBO, Intestinal Candida, GERD, Gastritis, and other Gut Health Issues A Gastroenterologist's Guide to Gut Health: Everything You Need to Know About Colonoscopy, Digestive Diseases, and Healthy Eating Fix Your Gut: The Definitive Guide to Digestive Disorders Food Journal for Digestive Disorders: Keep Record of Food Intake and Symptoms in the Food Journal for Digestive Disorders Trust Your Gut: Get Lasting Healing from IBS and Other Chronic Digestive Problems Without Drugs Your Nutrition Solution to a Healthy Gut: A Meal-Based Plan to Help Prevent and Treat Constipation, Diverticulitis, Ulcers, and Other Common Digestive Problems The Good, the Bad, and the Ugly Cincinnati Reds: Heart-Pounding, Jaw-Dropping, and Gut-Wrenching Moments from Cincinnati Reds History (The Good, the Bad, and the Ugly) (The Good, the Bad, & the Ugly)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)