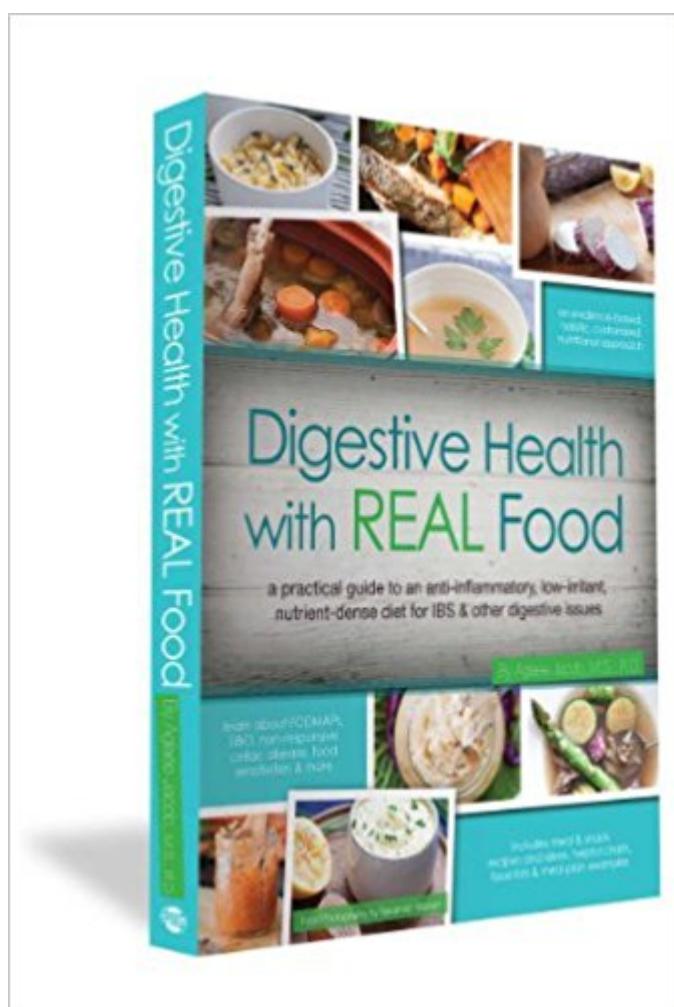


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# Digestive Health With REAL Food: A Practical Guide To An Anti-Inflammatory, Nutrient Dense Diet For IBS & Other Digestive Issues



## Synopsis

Health begins in the gut. In addition to digestive disorders, many other health problems can stem from damage to your intestines, including migraines, skin problems, autoimmune conditions, and weight abnormalities, so tackling your digestion first is smart if you want to maximize your chances of obtaining optimal health. Beyond simply managing your symptoms, *Digestive Health with REAL Food* will teach you how to address the root causes of your digestive troubles to achieve optimal digestive and overall health. The information in *Digestive Health with REAL Food* will help you build your own optimal diet by identifying the best foods for your digestive system: ones that are easy to digest, anti-inflammatory, nutrient-dense, healing and low in irritants and allergens. The nutritional protocol in this book, developed by registered dietitian Aglaé Jacob, addresses numerous digestive problems, including: Irritable bowel syndrome (IBS) | Crohn's disease | Ulcerative colitis | Small intestinal bacterial overgrowth (SIBO) | Fructose malabsorption | FODMAP intolerance | Gastroesophageal reflux disease (GERD) | Gallbladder issues | Abnormal intestinal permeability (leaky gut) | Gut dysbiosis (gut flora imbalance) | Celiac disease | Non-celiac gluten sensitivity | Multiple food sensitivities | And many more... In addition to guiding you on how to successfully follow an elimination diet, Aglaé will teach you everything you need to know about dietary supplements, stress management, eating out, and travel strategies, as well as how to troubleshoot various digestive problems. The book includes dozens of recipes and meal/snack ideas plus access to 80+ more via digital download. It also gives you helpful charts, food lists, and weekly meal plans to get started on the path to better digestion. Unfortunately, there is no one-size-fits-all solution to digestive problems, but the evidence-based, customized and holistic nutritional approach in *Digestive Health with REAL Food* will give you the tools to tackle your digestive issues and optimize your health.

## Book Information

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## Customer Reviews

I can remember hitting a wall with my own digestive health after multiple tests, appointments, suggestions, and supplements from my MD as well as naturopath. I found myself one night sitting down and googling my alphabet soup of suggestions i'd received "SCD, GAPS, FODMAPS, nightshades, Paleo-AIP" and hit enter...and the first site to pop up was Aglaee's Paleo Dietician site. Right there, in this one website were charts describing ALL those diets and morphing them into one real foods approach to gut health. I was mystified! How could this one person seem to "get" all my questions circulating in my head so easily? I knew she MUST have been down a similar digestive path if she knew that a person would so easily be comparing/contemplating all these diet avenues and feeling lost...and might be wanting a way to combine it all for an optimal shot at gut recovery. I found myself clicking around her site more and learning more and more and feeling more at ease. So i took a leap of faith and sent a message to this random dietitian in Canada...only to wake up that next morning and have a message back! I quickly decided i'd like to work with her so joined one of her REAL Food monthly groups. Then, as i was gleaning SO much information from her each day within that group, she decided to start a Digestive Health with REAL Food online group and i knew that was the next logical step for me, I already knew real food/paleo quite well, but still needed more held fine tuning my gut recovery from SIBO. Month by month i learned more and more and took far greater strides in my health than i ever have before. Then Aglaee announced her upcoming book release and i will be honest, I thought for a moment, "What more could I learn in a written book? I've already learned SO much from her/the group..."

I've been reading the newly released *Digestive Health with Real Food* by registered dietitian Aglaé Jacob, a copy which was sent to me for an honest review. Here's my take on it: Firstly, it's a beautifully designed book, chock full of charts by the author detailing several digestive issues such as IBS, Crohn's disease, Celiac disease, GERD and more. Author Jacob explains the basics of digestion in the most complete manner I've ever read. Quotes such as this one by Hippocrates ("All diseases start in the gut") and this one by Heather Morgan, M.S., N.L.C. ("Every time you eat or drink, you are either feeding disease or fighting it.") explain the purpose of the book. Jacobs, who

has dealt with digestive issues speaks from personal experience and strives to show the basics of digestion--what goes on in the gut--and what happens when digestion goes wrong. Charts showing food allergies and intolerances, a description of short-chain fermentable carbohydrates (FODMAPS)--what they are and why to avoid, along with descriptions of small intestine bacterial overgrowth (SIBO) and the foods that can cause a reaction are all shown in comprehensive yet simple-to-understand text and charts. Almost every digestive issue can be found with details of the why it occurs and how to minimize the problem through diet and restriction is given. Chapter 4 is devoted to nourishing foods with tables to measure and monitor your own health. Here, Jacob explains the micro-nutrient balance between fats, carbohydrates and protein and gives a list of safe vegetables and which to buy organic. You will learn about probiotics, safe natural seasonings, and which fluids to enjoy and which ones to avoid.

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