



Happy Gut: The Cleansing Program to Help You Lose Weight, Gain Energy, and Eliminate Pain

By Pedre, Vincent

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Happy Gut takes readers step-by-step through Gut C.A.R.E.™ "Cleanse, Activate, Restore, and Enhance" which eliminates food triggers, clears the gut of unfriendly pathogens, and replaces them with healthy probiotics and nutrients that repair and heal the gut. Rather than masking symptoms with medication, he shows us how to address the problem at its core to restore the gastrointestinal system to its proper functioning state. By fixing problems in the gut, followers of Dr. Pedre's program have found that their other health woes are also cured and have lost weight, gained energy, and improved seemingly unrelated issues, such as seasonal allergies, in addition to eliminating their chronic muscle and abdominal pain. Summary and analysis based on Victor Pedre's Happy Gut: The Cleansing Program to Help You Lose Weight, Gain Energy, and Eliminate Pain. NOTE TO READERS: This is NOT Victor Pedre's original book, Happy Gut: The Cleansing Program to Help You Lose Weight, Gain Energy, and Eliminate Pain. It is a companion book meant to enhance your original reading experience. Getting rid of processed foods and cooking meals at home can improve your energy levels and general well-being. First and foremost, conquering your unhappy gut involves understanding why your gut is performing below its optimal level. Part I covers how you got to where you are and how your gut was thrown out of balance. It talks about what foods are troublesome and why. The Gut CARE (Cleanse, Activate, Restore, and Enhance) Program helps identify food triggers that cause gut problems. Elimination of these food triggers cleanses the gut of pathogens. The program recommends nutrients and probiotics that help the gut recover. Pedre does not recommend medications that cover up the real causes behind gut problems. Instead, he teaches readers how to solve the problem by looking at the core causes and start the healing from there. His focus is on the maximum functioning of the gastrointestinal system. The book provides important information including the gut-brain connection.

1 Happy Gut: The Cleansing Program to Help You Lose Weight, Gain Energy 1 -Happy Gut: The Cleansing Program to Help You Lose Weight, Gain Energy. £11.99. Free postage. item 2 Good, Happy Gut: The Cleansing Program to Help You Lose Weight, Gain Energy, and 2 - Good, Happy Gut: The Cleansing Program to Help You Lose Weight, Gain Energy, and. £6.67. Free postage. He is also the founder of Dr. Pedre Wellness, which offers health-enhancing programs, content and lifestyle products, dietary supplements, and weight loss programs. Dr. Pedre is a sought-after speaker at medical conferences around the world. Country of Publication. Happy Gut: The Cleansing Program To Help You Lose Weight, Gain Energy, And Eliminate Pain Paperback € 1 August 2017. by. Vincent Pedre (Author). Happy Gut and Dr. Pedre's Gut C.A.R.E. Program make the science behind our digestion uncomplicated and simple for anyone to apply!---- Dr. Frank Lipman, NYT bestselling author of The New Health Rules. "Before embarking on a new diet or weight loss program, you need to create a healthy gut foundation. Happy Gut and Dr. Pedre's Gut C.A.R.E. Program make the science behind our digestion uncomplicated and simple for anyone to apply!---- Danielle Pashko, author of Breaking Your Fat Girl Habits and Smile at Your Challenges. "Dr. Pedre explains how everything begins in the gut.