



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

By Vincent Pedre

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Following the success of the bestselling *Clean Gut* and *Wheat Belly* comes this essential guide to improving digestive health from an expert in functional medicine—who reveals why everything that ails us, from fatigue to weight gain to bloating and bad skin, can be traced back to the gut, and shares his cleansing plan to help us reclaim our health.

Dr. Vincent Pedre understands gut problems firsthand. He suffered from IBS for years before becoming an expert in functional medicine and learning how to heal his body from the inside. Dr. Pedre used his own experience to develop The Gut C.A.R.E. Program—an approach that draws from both Western and Eastern methodologies, combining integrative and functional medicine—that has a proven success record in his private practice in New York. Now, for the first time, Dr. Pedre makes his revolutionary plan for health and wellness available to everyone.

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.

Complete with recipes and meal plans including gluten-free, low-fat, and vegetarian options, a 28-day gut cleanse, yoga postures to help digestion, and testimonials from many of his patients, *Happy Gut* will help you feel better and eliminate gut issues for life.

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

- Sales Rank: #73070 in Books
- Brand: imusti
- Published on: 2015-12-29
- Released on: 2015-12-29
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x 1.25" w x 6.00" l, .0 pounds
- Binding: Hardcover
- 400 pages

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Editorial Review

Review

“Happy Gut is a trove of health and life enhancing information. Dr. Pedre has accomplished the daunting task of transforming leading edge research into a user-friendly compendium.” (-- David Perlmutter, MD, author of #1 NYT Bestseller, Grain Brain)

“Dr. Pedre’s Functional Medicine-based, holistic Gut C.A.R.E. Program demonstrates the clear link between food, detoxing, and healing. I highly recommend it!” (-- Dr. Amy Myers, NYT Bestseller, The Autoimmune Solution)

“This fantastic book is your roadmap to getting healthy and building a strong foundation from within at the core of your being - the gut...Happy Gut makes me feel happy just reading it knowing that people will get the information they need to start their journey to wellness!” (-- Dr. Deanna Minich, Whole Detox)

“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!” (-- Dr. Frank Lipman, NYT bestselling author of The New Health Rules)

“Happy Gut provides essential tools that educate and empower us to make better food and lifestyle choices for better health, better beauty, and a better sense of overall wellness. If you want to put on a happy and beautiful face, start by smiling at your gut.” (-- Dr. Shirley Madhere, Author, Educator, and Founder, Holistic Plastic Surgery)

“If you want a happy brain and happy body, you have to have a happy gut! Dr. Pedre is my fellow thought-leader in the new health revolution. Happy Gut is the bridge.” (-- Dr. Mark Hyman, author of #1 NYT Bestseller, The Blood Sugar Solution 10-Day Detox Diet)

“Dr. Pedre explains how everything begins in the gut. His amazing insights teach us the most powerful ways to use diet and supplements for long term health.” (-- Oz Garcia, author of The Balance, Look and Feel Fabulous Forever, Redesigning 50, and The Food Cure for Kids)

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From the Back Cover

For years we’ve been told “you are what you eat . . .”

. . . and now a groundbreaking book by a top Functional Medicine specialist reveals that everything you put into your gut can either create serious digestive issues or fix them. Dr. Vincent Pedre understands gut problems firsthand. He suffered from irritable bowel syndrome for years before becoming an expert in Functional Medicine and learning how to heal his body through food. Dr. Pedre drew from his own experience to develop the Gut C.A.R.E. Program, an approach that draws from both Western and Eastern

methodologies, combining integrative and Functional Medicine, and has a proven track record in his private practice in New York. Now, for the first time, Dr. Pedre makes his revolutionary plan for health and wellness available to everyone.

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Complete with recipes and meal plans including gluten-free, low-fat, and vegetarian options, a twenty-eight-day full gut cleanse, yoga postures to help digestion, and inspiring examples from many of Dr. Pedre’s patients, *Happy Gut* will transform your gut and your life for good.

About the Author

Dr. Vincent Pedre, medical director of Pedre Integrative Health, is a board-certified internist and a Functional Medicine–certified practitioner in private practice in New York City. Dr. Pedre’s integrative medical approach combines both Western and Eastern traditions. He is a clinical instructor at the Mount Sinai School of Medicine, and is also certified in yoga and medical acupuncture. His holistic philosophy is patient-centered and focuses on uncovering the root causes of illness to create long-term wellness. 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.

Users Review

From reader reviews:

Bruce Zimmerman:

Do you have favorite book? For those who have, what is your favorite's book? E-book is very important thing for us to understand everything in the world. Each guide has different aim or perhaps goal; it means that publication has different type. Some people sense enjoy to spend their the perfect time to read a book. They are reading whatever they acquire because their hobby is usually reading a book. Think about the person who don't like studying a book? Sometime, person feel need book after they found difficult problem or perhaps exercise. Well, probably you will require this Happy Gut: The Cleansing Program to Help You Lose Weight, Gain Energy, and Eliminate Pain.

Anna Lewis:

Reading a publication tends to be new life style on this era globalization. With reading through you can get a lot of information that can give you benefit in your life. Having book everyone in this world could share their idea. Ebooks can also inspire a lot of people. A lot of author can inspire their own reader with their story or even their experience. Not only the storyline that share in the books. But also they write about the data about

something that you need example. How to get the good score toefl, or how to teach your children, there are many kinds of book which exist now. The authors nowadays always try to improve their expertise in writing, they also doing some investigation before they write to the book. One of them is this Happy Gut: The Cleansing Program to Help You Lose Weight, Gain Energy, and Eliminate Pain.

Gary Morrell:

Beside this particular Happy Gut: The Cleansing Program to Help You Lose Weight, Gain Energy, and Eliminate Pain in your phone, it could give you a way to get closer to the new knowledge or facts. The information and the knowledge you can get here is fresh from the oven so don't possibly be worry if you feel like an outdated people live in narrow community. It is good thing to have Happy Gut: The Cleansing Program to Help You Lose Weight, Gain Energy, and Eliminate Pain because this book offers for you readable information. Do you oftentimes have book but you do not get what it's all about. Oh come on, that will not happen if you have this in the hand. The Enjoyable arrangement here cannot be questionable, just like treasuring beautiful island. Use you still want to miss the idea? Find this book in addition to read it from currently!

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