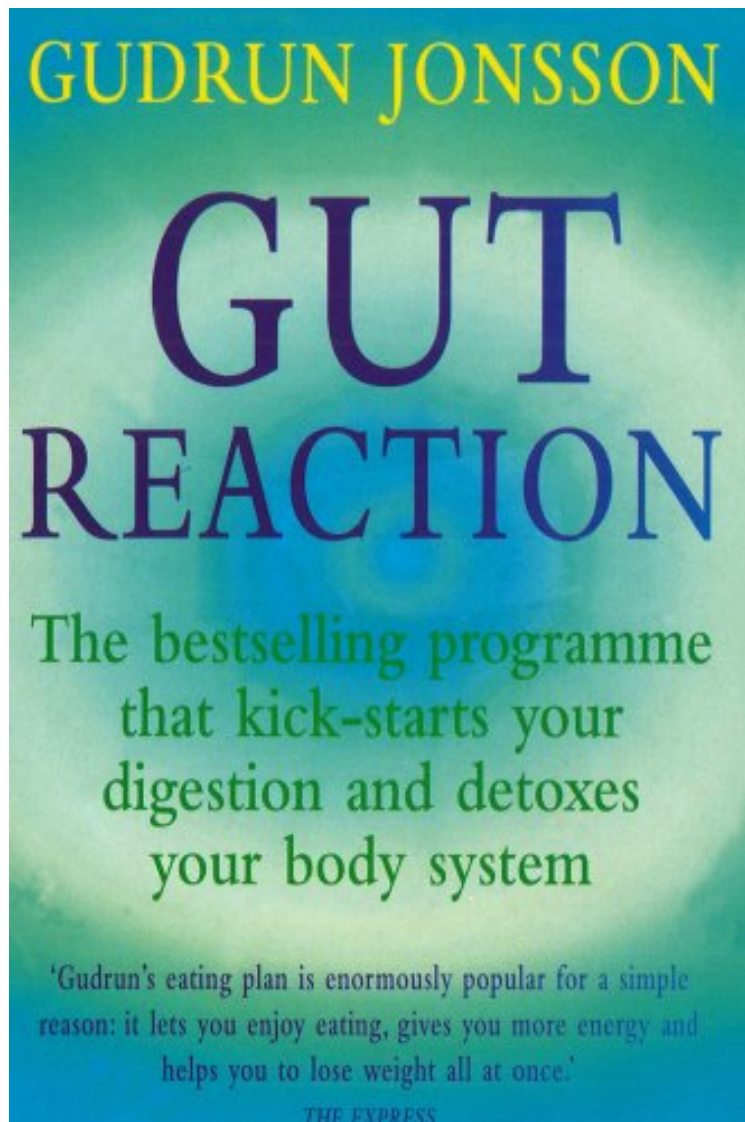


(Free read ebook) Gut Reaction: A Revolutionary Programme That Kick Starts Your Digestion and Detoxes Your Body System (Positive Health)

Gut Reaction: A Revolutionary Programme That Kick Starts Your Digestion and Detoxes Your Body System (Positive Health)

Gudrun Jonsson

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Gudrun Jonsson : Gut Reaction: A Revolutionary Programme That Kick Starts Your Digestion and Detoxes Your Body System (Positive Health) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Gut Reaction: A Revolutionary Programme That Kick Starts Your Digestion and Detoxes Your Body System (Positive Health):

0 of 0 people found the following review helpful. good information
By Brian K.this could give some good options for people with IBS. i'm not sure after reading the symptoms and suggested remedies that this is the information i need.

0 of 0 people found the following review helpful. Good but flawed
By Sid NunciuzThis is a book about the gut and its role in illness, and maintains that the proper functioning of the gut is essential to good health. The book has much sensible advice to offer but I do have reservations about it. Jonsson begins with a clear and genuinely interesting explanation of the working of the gut and how it can go wrong, and talks a great deal of good sense about toxicity and malabsorption. There is valuable advice on general health, lifestyle and stress. She is particularly good on how and when to eat, and gives sound dietary advice. Sadly, though, this generally well-argued book is flawed (as are a lot of books on complementary medicine) by a number of wild assertions. For example, Jonsson gives convincing evidence that a proper acid/alkali balance is essential to gut function. Then she says, "If this balance is right, it is chemically impossible for the body to become diseased." But this would mean that proper acid/alkali balance in the gut would prevent, say, HIV, or gangrene, or cholera. Really? To make the unsupported leap from saying that a correct balance is essential to good health to saying that it will prevent all known diseases is plain silly. Jonsson weakens a powerful case with such an absurdly exaggerated claim. There are other examples of this in the book, and they do complementary medicine a disservice in two ways: they make it easy for sceptics to mock otherwise good ideas, and they may put off the open-minded. This book is well worth a look, though. Eating sensibly and looking after your gut can only benefit your health, and for those with gut dysfunction of any kind it may well be of real help so, provided you're wary of its more exaggerated claims, I would recommend it.

8 of 8 people found the following review helpful. this book changed my life
By A Customer a friend in london recommended this book to me. i read it and decided to try the 'gut reaction' program for a week, just to see how i felt about it. i started feeling a difference in my body right away. in the course of 2 months, i lost 15 pounds and felt amazingly healthy and energetic. i plan to re-read the book now that the holidays are over and get back on the program. i highly recommend this book.

Most doctors now accept that diet has a profound effect on overall health and wellbeing. Gudrun Jonsson takes this one step further with her belief that the best diet in the world counts for nothing if you don't digest your food properly.

From the Inside Flap Malabsorbed foods build up in the digestive system as toxins, undermining our vitality, our immunity to disease and ultimately our health. Gut Reaction shows how to reduce toxicity by following a unique regime combining sound nutritional advice, homeopathy and reflexology. Steady weight loss, increased energy, a boosted immune system, a reduction of most allergy-induced illness and clarity of mind are among the results. About the Author Gudrun Jonsson trained as a Biopath in Copenhagen before establishing a practice in London.