



Eat Dirt: Why Leaky Gut May be the Root Cause of Your Health Problems and 5 Surprising Steps to Cure it (Main Market Ed.)

By Josh Axe

Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, Eat Dirt: Why Leaky Gut May be the Root Cause of Your Health Problems and 5 Surprising Steps to Cure it (Main Market Ed.), Josh Axe, Affecting 80% of the population, leaky gut syndrome is the root cause of a litany of ailments, including chronic inflammation, allergies, autoimmune diseases, hypothyroidism, adrenal fatigue, diabetes, and even arthritis. In order to keep us in good health, our gut relies on maintaining a symbiotic relationship with trillions of microorganisms that live in our digestive tract. In Eat Dirt, Dr Axe explains that what we regard as modern improvements to our food supply - including refrigeration, sanitation, and modified grains - have damaged our intestinal health. In fact, the same organisms in soil that allow plants and animals to flourish are the ones we need for gut health. When our digestive system is out of whack, serious health problems can manifest and our intestinal walls can develop microscopic holes, allowing undigested food particles, bacteria, and toxins to seep into the bloodstream. This condition is known as leaky gut syndrome and manifests differently in every individual. In Eat Dirt, Dr Axe identifies the five main types of...



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