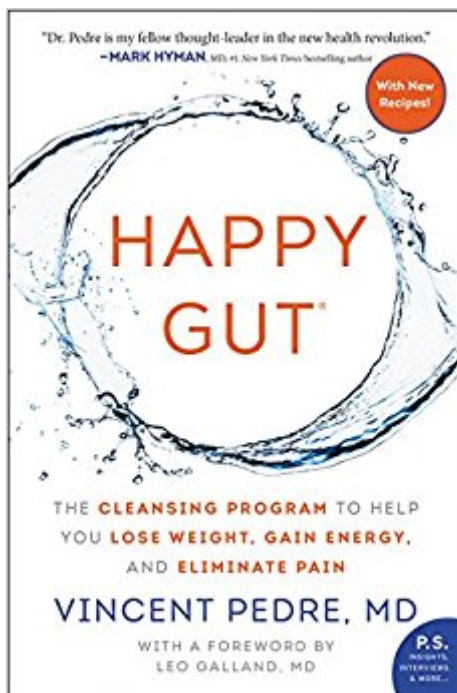




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# Happy Gut: The Cleansing Program To Help You Lose Weight, Gain Energy, And Eliminate Pain



## Synopsis

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.

## Book Information

Paperback: 432 pages

Publisher: William Morrow Paperbacks; Reprint edition (March 14, 2017)

Language: English

ISBN-10: 0062362178

ISBN-13: 978-0062362179

Product Dimensions: 5.3 x 1 x 8 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 73 customer reviews

Best Sellers Rank: #36,632 in Books (See Top 100 in Books) #31 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal #646 in Books > Health, Fitness & Dieting >

## Customer Reviews

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) 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. 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. Drawing from his own experience, he developed the Gut C.A.R.E.® Program, an approach influenced by both Western and Eastern methodologies, combining integrative and

Functional Medicine. The program has a proven track record in his private practice in New York and 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. By fixing problems in the gut, followers of Dr. Pedre's program have also cured other health woes, and they have dropped excess pounds, gained extra energy, experienced the disappearance of their seasonal allergies, felt their aches and pains vanish, and improved their overall health. 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.

I love this book. The people complaining and saying this is not a realistic "diet" are probably just lazy or don't want to do it. It's super simple to make some extra food at night for lunch the next day. Snacks? How difficult are apples and almond butter or carrots and hummus? Dr. Pedre specifically says you do NOT have to buy his supplements in order to do the 28 day cleanse. Instead of his shake, I've been drinking Shakeology for breakfast. I bought my own supplements at whole foods. It's actually really easy. I'm on day 8 and I've lost 7 lbs without counting calories. 28 days is a short length of time to suck it up and cleanse your body and find out what's causing your gut distress. You can still eat proteins, veggies, sweet potatoes, nuts, etc. anyways, sorry for the rant but I'm feeling great after just 8 days. Maybe there isn't a ton of scientific research in the book, but go out and do your own research and you will find similar information. Enjoy!

I was never overweight (in fact I've always been very lean), athletic training, no junk food but had severe digestive issues for 6 years and developed an autoimmune condition for the last 2 of those years. I live in New York City, had access to great doctors, but all the traditional doctors, as well meaning as they were, determined that it was stress. A friend of mine who is in the nutrition field suggested that it might be the food I was eating - but I protested because I ate healthy - whole wheat pasta and bread, salads for takeout with low fat everything. Ha! I saw Dr. Pedre on Good Morning America and was curious so I purchased the book which advocates a Paleo type diet - no wheat, grains, lots of healthy fats, grass fed beef, organic as much as possible and absolutely no processed foods. In 4 weeks my digestive issues disappeared by about 90% and my autoimmune condition improved by about 40%.

As a result of reading the book, I decided to see Dr. Pedre and do further testing. The results were clear " Candida overgrowth. I have now been on an antifungal, probiotic and enzyme prescribed by Dr. Pedre " all very inexpensive " and yes, you can get the supplements anywhere, not just from his website. (FYI - The reason that I do use his website is because the products are guaranteed fresh. Too many times I have purchased through various online sites and have had issues with freshness for supplements.) My autoimmune condition is about 80% better and digestive issues are just about completely gone. We are aiming for full autoimmune remission. All this started from reading the book " believe me " it's real. Yes " it is more expensive to buy organic food and grass fed beef, but it was more expensive for me to take the medications I was given along with all the doctors visits and tests that I had gone through for 6 years " and it didn't make me feel any better. Our processed food chain is poisoning people. And no " it's not hard to follow the diet in the book. First of all it's not a diet because I eat a lot " rather it's getting back to nutrient dense, healthy food. I am a partner in a business and work many hours but you make time to cook properly and pick the quicker meals " how long does it take to broil an organic chicken breast (with the skin) and defrost organic vegetables and make a sweet potato. Nuts and fruit for snacks " not a big deal in terms of time. I would strongly suggest that you read the book " it can change your life. Functional medicine is where the future is. It isn't voodoo, but good science from a medical doctor associated with one of the best hospitals in New York City who understands that we are what we eat.

I've just started reading this book and was disappointed when I got to the GUT repair and restore chapter. Suggestions were made for enzymes, probiotics etc.. however, it looks like in order to get started you must go to their website and purchase their products. That's a big red flag to me. Are they really interested in helping people get well or helping themselves get rich?! Other suggestions for food intake seemed a bit over the top but there's probably some nuggets of truth in here. Once a self help book starts suggesting that I must buy their products I'm done with it. I'll probably take this to my local book resale shop.

Just a lot of information to digest (hah!) and not always easy to follow how to proceed with this program. It would cost a lot to do it.

Still making my way through this but recommended by my doctor for menopausal/post menopausal

weight gain, bloating etc.

very, very informative, very good recipes, I and very very helpful. I would recommend this book

I saw Dr. Pedre on a morning show and knew immediately this book was for me. I have only incorporated a few things thus far and can tell the difference in my gut. I'm still working on this book but I know it was the best investment for me.

this is the most impressive diet book I have ever read. Will recommend it to all my friends and family. I have many diet books but this is the best.

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Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes)  
Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight)  
Resistant Starch: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut Book 1)  
Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1)  
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