

[PDF] Eat Dirt: Why Leaky Gut May Be The Root Cause Of Your Health Problems And 5 Surprising Steps To Cure It

Josh Axe - pdf download free book

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"Our understanding of what truly determines human health is undergoing a revolution, and *Eat Dirt* masterfully describes this paradigm shift. Dr. Axe's comprehensive guidelines, centered on rebuilding healthy gut bacteria, is in line with our most respected and forward-thinking medical research. Read this book and open the door to lifelong health!"

—David Perlmutter, MD, author of the #1 New York Times Bestseller *Grain Brain*

"*Eat Dirt* is a proven way to address the root cause of all disease. The first step to healing yourself is healing your gut. Using the science of immunogenetics, Dr. Axe gives us a simple-to-follow guide on the five steps to repair a damaged gut and overcome a range of issues, from autoimmune disease to chronic inflammation. If you're ready to learn some cutting-edge concepts and take back your health, this book is for you."

—Mark Hyman, MD, bestselling author of *The Blood Sugar Solution*

"If you're struggling with a chronic illness like digestive problems, autoimmune disease, or adrenal and thyroid conditions, this book can change your life. Dr. Axe lays out an easy-to-follow plan for addressing the root cause of disease where it starts—in the gut. His natural prescriptions using plant-based medicines, gut-friendly fats, and supporting yourself in good microbes to build your microbiome are cutting-edge techniques that can help you experience a health breakthrough."

—Sara Gottfried, MD, bestselling author of
The Hormone Reset Diet and *The Hormone Cure*

"There is a beautiful course correction done—scientific research is reminding us of our inner and outer ecology and our inextricable union with the natural world. In *Eat Dirt*, Dr. Axe documents the myth behind our war against germs, sheds light on why and how we are sick, and honors the ancient wisdom of healing that starts with the gut."

—Kelly Brogan, MD, ADHD, author of *A Mind of Two Ours*

"Years of immunization have left us vulnerable to the modern world's most dangerous infections. In this practical guide, Dr. Axe helps us see the direct links between our nation's obsession with antibiotics and the epidemics of leaky gut and autoimmune conditions. Dr. Axe combines cutting-edge science and the ancient practice of natural immunization into a plan that reduces inflammation and chronic pain, promotes weight loss, and increases energy and vitality. Say 'I love this life, counterintuitive energy is where optimal health lies! Go dirt!'"

—Jl Vargas, bestselling author of *The Sugar Impact Diet*



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Description:

National Bestseller

Doctor of Natural Medicine and wellness authority Dr. Josh Axe delivers a groundbreaking, indispensable guide for understanding, diagnosing, and treating one of the most discussed yet little-understood health conditions: leaky gut syndrome.

Do you have a leaky gut? For 80% of the population the answer is “yes”—and most people don’t even realize it. 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.

To keep us in good health, our gut relies on maintaining a symbiotic relationship with trillions of microorganisms that live in our digestive tract. 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.

In *Eat Dirt*, Dr. Josh 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. In *Eat Dirt*, Dr. Axe explains that it’s essential to get a little “dirty” in our daily lives in order to support our gut bacteria and prevent leaky gut syndrome. Dr. Axe offers simple ways to get these needed microbes, from incorporating local honey and bee pollen into your diet to forgoing hand sanitizers and even ingesting a little probiotic-rich soil.

Because leaky gut manifests differently in every individual, Dr. Axe also identifies the five main “gut types” and offers customizable plans—including diet, supplement, and lifestyle recommendations—to dramatically improve gut health in just thirty days. With a simple diet plan, recipes, and practical advice, *Eat Dirt* will help readers restore gut health and eliminate leaky gut for good.

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