



# Healthy Digestion the Natural Way: Preventing and Healing Heartburn, Constipation, Gas, Diarrhea, Inflammatory Bowel and Gallbladder Diseases, Ulcers, Irritable Bowel Syndrome, and More

*D. Lindsey Berkson*

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## **Healthy Digestion the Natural Way: Preventing and Healing Heartburn, Constipation, Gas, Diarrhea, Inflammatory Bowel and Gallbladder Diseases, Ulcers, Irritable Bowel Syndrome, and More D.**

Lindsey Berkson

A complete guide to healing your digestive problems, once and for all--safely, inexpensively, naturally Good digestion is fundamental to good health, and even such common problems as chronic heartburn and gas can have harmful effects on virtually every cell in your body. Quick fixes such as over-the-counter and prescription medications don't address the real causes of the problems: they only mask symptoms. Nature, on the other hand, offers a variety of gentle, readily available remedies that not only treat underlying digestive problems but also help to promote overall well-being. Learn about natural solutions and how to put them to work for you in Healthy Digestion the Natural Way. Dr. D. Lindsey Berkson clearly and simply explains the normal digestive processes and what can happen to interfere with them. Then, drawing upon her decades of research and clinical experience successfully treating thousands of sufferers of digestive problems--many of whom had exhausted all the standard medical solutions--she provides:

- \* Easy-to-follow programs for correcting digestive problems without drugs
- \* Specific treatments for gas, heartburn, constipation, inflammatory bowel disease, ulcers, gallbladder disease, food allergies, and more
- \* Natural remedies, including diet, exercise, mind-body and breathing techniques, and reflexology
- \* Guidelines on how to design a naturally healthy diet tailored to your unique physical makeup, problems, and tastes

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