Get To Know Your Gut: Everything You Wanted To Know About Burping, Bloating, Candida, Constipation, Food Allergies, Farting, And Poo But Were Afraid To Ask
Synopsis

In Get to Know Your Gut, Joan Sauers and Joanna McMillan-Price take a candid, often hilarious look at the inner workings of our gut, explaining to readers why their stomachs act the way they do and how they can avoid many "uncomfortable" situations. This indispensable book breaks down the bathroom door on previously taboo subjects, from bad breath to flatulence and every other digestive function in between, and offers straight answers to those awkward questions we all want to ask but just don't have the nerve; such as, Why do I need to go to the bathroom when I get scared? Why do I get constipated when I travel? What color should my poo be? What makes my breath smell bad; and much more. Illustrated with useful, easy-to-understand diagrams and filled with lists of what to do and what not to do for a wide variety of tummy troubles, Get to Know Your Gut will help readers understand how their gastrointestinal system works and what they can do to help it run more smoothly and work better.

Book Information

Paperback: 224 pages
Publisher: Da Capo Press (March 10, 2005)
Language: English
ISBN-10: 1569243700
Product Dimensions: 5.5 x 0.6 x 7.5 inches
Shipping Weight: 8.8 ounces (View shipping rates and policies)
Average Customer Review: 3.5 out of 5 stars Â See all reviews (4 customer reviews)
Best Sellers Rank: #2,566,686 in Books (See Top 100 in Books) #100 inÁÁ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Candida #387 inÁÁ Books > Health, Fitness & Dieting > Nutrition > Food Allergies #4648 inÁÁ Books > Science & Math > Biological Sciences > Anatomy

Customer Reviews

This book is an interesting book that is light on science/medicine to back up what it says. It is a good overview and can be a starting place if you want to know more. It's an easy fast read due to the author's pleasant writing style.

Just what color should your poo be, any way? I now know the answer. The subtitle Everything You Wanted to Know about Burping, Bloating, Candida, Constipation, Food Allergies, Farting, and Poo is an entirely accurate description of this helpful book. Author Joan Sauers combines scientific
information with practical descriptions to provide a thorough and entertaining look at our amazing digestive systems. Get To Know Your Gut begins with a biology 101 overview of the digestive system, explaining how important it is to overall health and why strong emotions are felt in your guts. The section on digestive disorders became a bit tedious because it is a long list, but the information on foods that can help or interfere with keeping things "moving along" is a great resource. If you have a particular digestive problem, you'll probably want something more detailed. For the average person who suffers the occasional tummy ache - and who doesn't? - this is a useful guide. I appreciated how the author endorsed traditional medicine while also emphasizing a holistic approach to taking care of your body. I have a whole new idea of how what goes into my mouth will at some point have a good or bad effect on how I feel. The book was nicely formatted for Kindle and a few simple diagrams were easy to view.

I ordered it when the doctor thought I had IBS. turned out I didn't and was glad because this book wasn't any help at all and I was sorry I'd ordered it.

thank you

Get to Know Your Gut: Everything You Wanted to Know about Burping, Bloating, Candida, Constipation, Food Allergies, Farting, and Poo but Were Afraid to Ask 100 Secrets of the Art World: Everything You Always Wanted to Know from Artists, Collectors and Curators, but Were Afraid to Ask Music Theory for Guitarists: Everything You Ever Wanted to Know But Were Afraid to Ask (Guitar Method) Everything You Ever Wanted to Know About Cartooning But Were Afraid to Draw (Christopher Hart Titles) Ask Elizabeth: Real Answers to Everything You Secretly Wanted to Ask About Love, Friends, Your Body... and Life in General Understanding Your Dog: Everything You Want to Know About Your Dog but Haven't Been Able to Ask Him Be Afraid, Be Very Afraid: The Book of Scary Urban Legends The Driving Book: Everything New Drivers Need to Know but Don't Know to Ask The Period Book: Everything You Don't Want to Ask (But Need to Know) The Candida Diet Solution: How You Can Cure Candida in Four Simple Steps Don't Know Much About History, Anniversary Edition: Everything You Need to Know About American History but Never Learned (Don't Know Much About Series) The Candida Cure: Yeast, Fungus & Your Health - The 90-Day Program to Beat Candida & Restore Vibrant Health Fiber Menace: The Truth About the Leading Role of Fiber in Diet Failure, Constipation, Hemorrhoids, Irritable Bowel Syndrome, Ulcerative Colitis, Crohn's Disease, and Colon Cancer The Food Service Professional Guide to Controlling