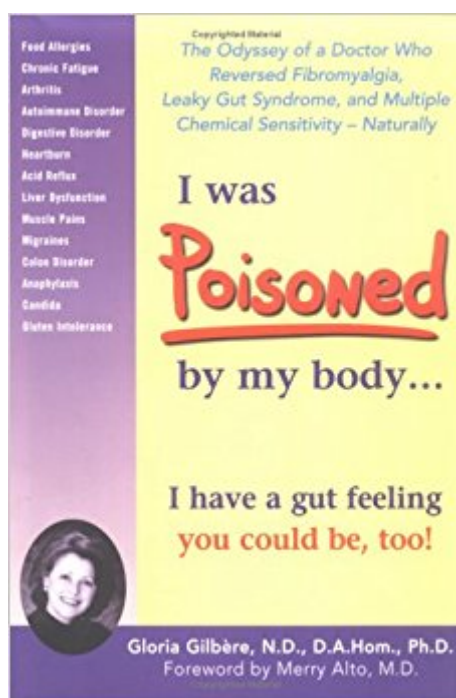


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# I Was Poisoned By My Body: The Odyssey Of A Doctor Who Reversed Fibromyalgia, Leaky Gut Syndrome, And Multiple Chemical Sensitivity - Naturally!



## Synopsis

Well-documented explanation of Leaky Gut Syndrome, symptoms and remedies.

## Book Information

Paperback: 224 pages

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Average Customer Review: 4.1 out of 5 stars 32 customer reviews

Best Sellers Rank: #177,017 in Books (See Top 100 in Books) #19 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome #44 in Books > Health, Fitness & Dieting > Nutrition > Food Allergies #135 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal

## Customer Reviews

"... from pain and misery, through a wide array of various and evolving symptoms to eventual self-healing." (L.V. Righton, D.A. Hom) -- L.V. Righton, D.A. Hom "...very useful to gastroenterologist, family practice and internal medicine physicians treating patients with digestive disorders." -- Christopher Sturbaum, M.D. "I can verify her remarkable results and encourage both mainstream and alternative medicine professionals to consider the leaky gut syndrome..." -- Merry Alto, M.D., President, Washington State College of Emergency Physicians

Dr. Gilbere is one of America's leading natural medicine researchers and an authoritative influence in the discovery of the causes, effects and natural solutions of leaky gut syndrome and the related disorders. She is a leading advocate in identifying and reversing multiple chemical sensitivity syndromes. This book reads like a detective story, guiding the reader to clues and solutions with every turn of the page. It is truly a personal odyssey that will open eyes, minds and hearts to invisible gut causes and life-changing consequences for victims of complex autoimmune, inflammatory and digestive disorders.

I can completely see myself in so many ways that it gave me chills, and relief to see much of my life

on the pages. At last, I can put the pieces all together and understand here's what's going on. I can only imagine two reasons why this book does not have hundreds of reviews - and 4 or 5 star ones at that. One, people either are not aware that they have something 'wrong' yet, and I think that one is the truest. It takes years for people to realize that their bloating, or not feeling well after eating; or poor bowel habits, etc, etc. are actually NOT normal - even for them - and that perhaps something is actually wrong. On top of that, why waste time going to doctors and having tests done only to be told things that don't really get to the bottom of it and change their health and their life. So..just live with it, and keep tweaking your diet here and there. Try this..try that. And secondly, they may not make the connection that what's going on is called Leaky Gut and to seek out more information..and to this book. There are a number of good books out about the gut, and I would recommend that this one be one of those in your selection. I'm sure once people make the connection, this book will start flying off the shelf, deservedly.

When I read this book, suggested by my ND, I no longer felt crazy and alone. All the things that you go through when you have Leaky Gut is overwhelming. To hear from someone who went through it and is on the other side is very encouraging! A must read for someone who has Leaky Gut Syndrome, Candida, Multiple Chemical Sensitivity, or a myriad of symptoms.

From page 1, I knew what was causing all of my problems that I have suffered for years trying to go from dr to dr and no cure. I just didn't know where to start or how. Now I will have to tell my drs and SHOW them the book and knowing them, they will be impressed! I could have written this book myself describing everything this Wonderful Dr. went thru before discovering THE REAL CAUSE(S) minus, of course, I don't have her medical background and I would not have known where to start, as she did. Right to the point and am following thru with her advice. Absolutely Incredible!! I'm sure she has saved my life and quality of living. I thank God for her and this book! [...]

It is a very good informational book. Helping a person understand what goes on in the body from the perspective of someone that has been through it. I would suggest the book to anyone that is having health issues of any type, if nothing else for some directions one could go and do to help heal themselves. It has helped me a lot in understanding directions I need to go to help heal myself. I Was Poisoned By My Body: The Odyssey of a Doctor Who Reversed Fibromyalgia, Leaky Gut Syndrome, and Multiple Chemical Sensitivity - Naturally!

I thought this book was really helpful for those who are struggling with their weight or have digestive issues but are unclear why. The book is organized in sections which make it a breeze to read. The author recounts specific events that happened to her throughout the piece which makes it that much more credible.

This was an excellent book. So many people have serious food allergies today, as well as many other illnesses people never used to get. Among some of the worst are the auto-immune diseases. This woman doctor explains the basis for many of these diseases and what you can do to help yourself or your loved ones get your health back. The book was interesting, inspiring and encouraging.

This was packed with information and lots of tips and help. This book had tons of important points and suggestions. If you are toxic (and we all are) you may want to start with this book.

another good book, everyone should read

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I Was Poisoned By My Body: The Odyssey of a Doctor Who Reversed Fibromyalgia, Leaky Gut Syndrome, and Multiple Chemical Sensitivity - Naturally! 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) Is It Leaky Gut or Leaky Gut Syndrome: Clean Gut, Allergies, Fatty Liver, Autoimmune Diseases, Fibromyalgia, Multiple Sclerosis, Autism, ... & More (Digestive Wellness) (Volume 2) IS IT LEAKY GUT OR LEAKY GUT SYNDROME: Clean Gut, Allergies, Fatty Liver, Autoimmune Diseases, Fibromyalgia, Multiple Sclerosis, Autism, Psoriasis, Diabetes, ... & More (Digestive Wellness Book 2) Explaining 'Unexplained Illnesses': Disease Paradigm for Chronic Fatigue Syndrome, Multiple Chemical Sensitivity, Fibromyalgia, Post-Traumatic Stress Disorder, and Gulf War Syndrome Leaky Gut: 25 Easy Homecooked Healing Recipes For Thanksgiving & The Holidays: It's Time To Heal Your Leaky Gut With Easy To Prepare, Delicious Food! Fibromyalgia: The complete guide to fibromyalgia, understanding fibromyalgia, and reducing pain and symptoms of fibromyalgia with simple treatment methods! The Leaky Gut Report: How to heal your gut naturally - The ultimate guide for fighting anxiety, autoimmune disease, heart palpitations, food allergies, fatigue and more 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) The Essential Handbook to a Healthy Gut: How a Leaky Gut Impacts Your Entire Body and How to Make It Healthy Once Again  
Chronic Fatigue Syndrome And Your Emotions: How To Successfully Treat Chronic Fatigue Syndrome In The Natural Way-A Key For Recovery (Chronic Fatigue Syndrome, ... Syndrome Fibromyalgia, Lupus, Book 3)  
Healing Severe Chemical and EMF Sensitivity: Our Breakthrough Cure for Multiple Chemical Sensitivities (MCS) and Electro-hypersensitivity (EHS)  
One Cause, Many Ailments: Leaky Gut Syndrome: What It Is and How It May Be Affecting Your Health  
Multiple Chemical Sensitivity: A Survival Guide  
Irritable Bowel Syndrome: Cure Irritable Bowel Syndrome Naturally And Live Free From Irritable Bowel Syndrome For Life (Natural Health Healing And Cures)  
Clinical experience of Irritable Bowel Syndrome: Brain-gut axis versus gut-brain axis  
Autoimmune: The Cause and The Cure (This book identifies the cause & the cure for: Chronic Fatigue Syndrome, Fibromyalgia, Lupus, Rheumatoid Arthritis, Raynaud's, Rosacea, Myasthenia Gravis, Hashimoto's, Type 2 Diabetes, Multiple Sclerosis, Sjogren's, and more)  
Irritable Bowel Syndrome & the Mind-Body Brain-Gut Connection: 8 Steps for Living a Healthy Life with a Functiona (Mind-Body Connection)  
Multiple Sclerosis: How I Reversed My Chronic Autoimmune Symptoms By Making Simple Changes To The Way I Eat  
Eat Dirt: Why Leaky Gut May Be the Root Cause of Your Health Problems and 5 Surprising Steps to Cure It

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