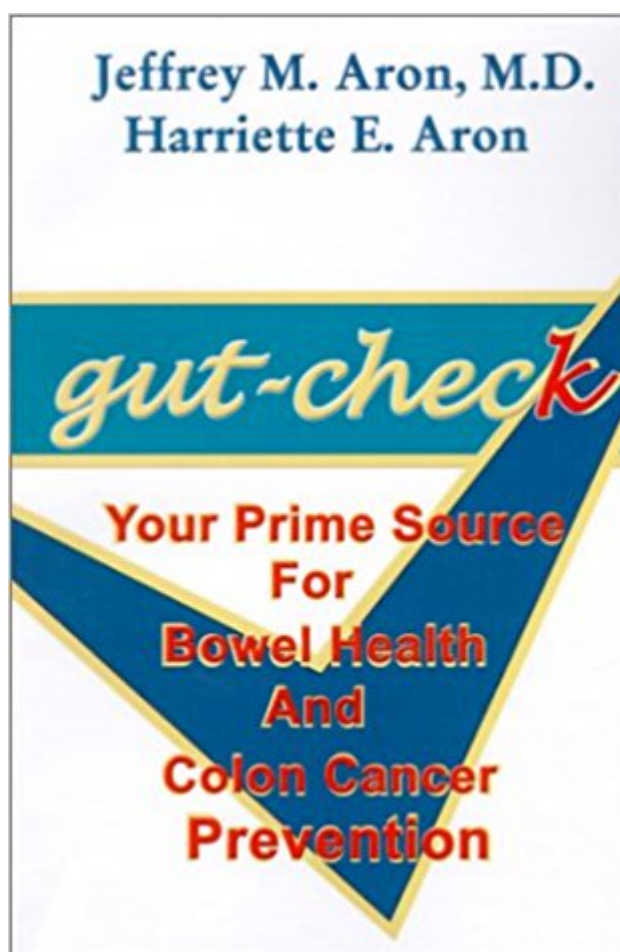


The book was found

Gut-Check: Your Prime Source For Bowel Health And Colon Cancer Prevention



Synopsis

Not just another diet or exercise book, but a unique reference tool that discusses a difficult subject with wisdom and wit and provides concise, expert information on how to optimize bowel function, prevent disease, and achieve great health. --This text refers to the Hardcover edition.

Book Information

Paperback: 140 pages

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Average Customer Review: 2.5 out of 5 stars 3 customer reviews

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Customer Reviews

Aron is the chairman of the Nutritional Support Committee and an assistant clinical professor of medicine at the University of California Medical Center in San Francisco. He has been in the practice of gastroenterology for over 28 years, and served as the chairman of the Division of Gastroenterology and Nutrition for 19 years at Mount Zion Hospital. He is a graduate of UCLA, and earned his medical degree from the University of California at Irvine. --This text refers to the Hardcover edition.

I opened the book and all I saw was vitamins and supplements. Dr. Dean Adell just told us there were 24 recent researches that found vitamins are useless! You tell me fruits and veggies. My doctor put me on a no fiber diet. I am so disappointed. I WANT MY MONEY BACK!!!Charlotte McMillanBurlingame, Ca.

This book is well written. It answers many questions, and does so in a light-hearted fashion - without compromising the great information. I never thought I could laugh while reading a gut book, and learn a great deal at the same time! Has tips on how to avoid getting traveler's sickness, and how to

stay healthy on an every day basis. There is also a good section on nutrition with meal suggestions. I highly recommend this book!

For a lay person, this is the perfect book. It's easy to read, well laid out, and helps me understand not only how to deal with current problems, but also how to prevent new ones. I've already told by three adult sons to buy it, and now I'm going to tell my brothers and sister and their kids.

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