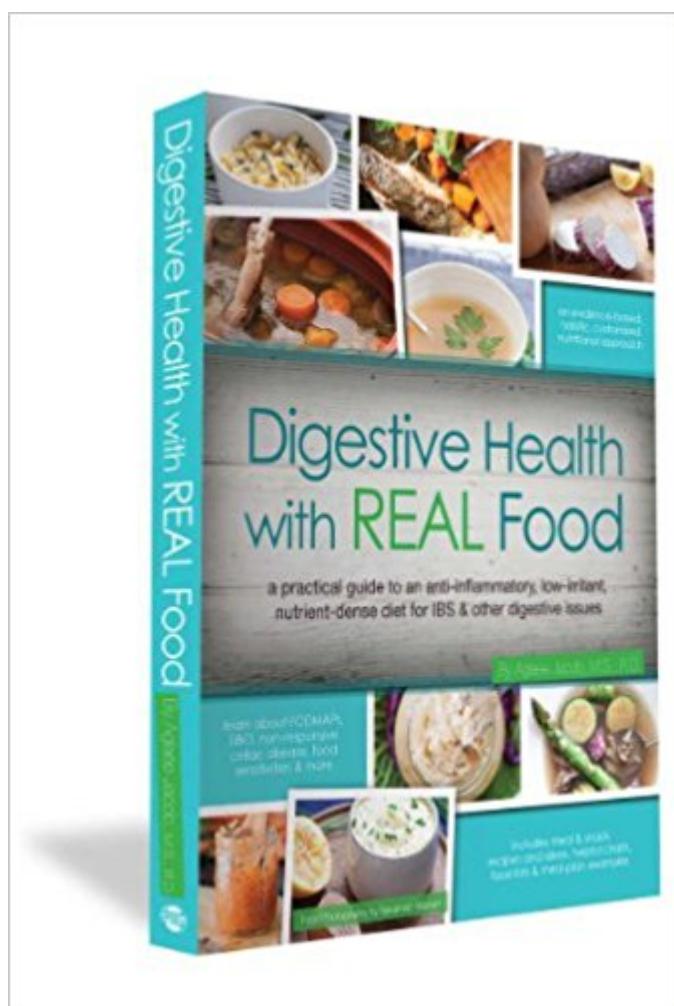


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# Digestive Health With REAL Food: A Practical Guide To An Anti-Inflammatory, Nutrient Dense Diet For IBS & Other Digestive Issues



## Synopsis

Health begins in the gut. In addition to digestive disorders, many other health problems can stem from damage to your intestines, including migraines, skin problems, autoimmune conditions, and weight abnormalities, so tackling your digestion first is smart if you want to maximize your chances of obtaining optimal health. Beyond simply managing your symptoms, *Digestive Health with REAL Food* will teach you how to address the root causes of your digestive troubles to achieve optimal digestive and overall health. The information in *Digestive Health with REAL Food* will help you build your own optimal diet by identifying the best foods for your digestive system: ones that are easy to digest, anti-inflammatory, nutrient-dense, healing and low in irritants and allergens. The nutritional protocol in this book, developed by registered dietitian Aglaé Jacob, addresses numerous digestive problems, including: Irritable bowel syndrome (IBS) | Crohn's disease | Ulcerative colitis | Small intestinal bacterial overgrowth (SIBO) | Fructose malabsorption | FODMAP intolerance | Gastroesophageal reflux disease (GERD) | Gallbladder issues | Abnormal intestinal permeability (leaky gut) | Gut dysbiosis (gut flora imbalance) | Celiac disease | Non-celiac gluten sensitivity | Multiple food sensitivities | And many more... In addition to guiding you on how to successfully follow an elimination diet, Aglaé will teach you everything you need to know about dietary supplements, stress management, eating out, and travel strategies, as well as how to troubleshoot various digestive problems. The book includes dozens of recipes and meal/snack ideas plus access to 80+ more via digital download. It also gives you helpful charts, food lists, and weekly meal plans to get started on the path to better digestion. Unfortunately, there is no one-size-fits-all solution to digestive problems, but the evidence-based, customized and holistic nutritional approach in *Digestive Health with REAL Food* will give you the tools to tackle your digestive issues and optimize your health.

## Book Information

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## Customer Reviews

Aglaë Jacob, M.S., R.D., has had a lifelong interest in the connection between food and health, and her personal health struggles led her to deepen her knowledge in the field of digestive health. She offers personalized, holistic nutrition counseling to clients around the world, specializing in digestive health, blood sugar regulation and fertility. She obtained her Bachelor's and Master's degrees in Nutrition from Laval University in Québec City, Canada.

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I've been reading the newly released *Digestive Health with Real Food* by registered dietitian Aglaë Jacob, a copy which was sent to me for an honest review. Here's my take on it: Firstly, it's a beautifully designed book, chock full of charts by the author detailing several digestive issues such as IBS, Crohn's disease, Celiac disease, GERD and more. Author Jacob explains the basics of digestion in the most complete manner I've ever read. Quotes such as this one by Hippocrates ("All diseases start in the gut") and this one by Heather Morgan, M.S., N.L.C. ("Every time you eat or drink, you are either feeding disease or fighting it.") explain the purpose of the book. Jacobs, who has dealt with digestive issues speaks from personal experience and strives to show the basics of digestion--what goes on in the gut--and what happens when digestion goes wrong. Charts showing food allergies and intolerances, a description of short-chain fermentable carbohydrates (FODMAPS)--what they are and why to avoid, along with descriptions of small intestine bacterial overgrowth (SIBO) and the foods that can cause a reaction are all shown in comprehensive yet simple-to-understand text and charts. Almost every digestive issue can be found with details of the why it occurs and how to minimize the problem through diet and restriction is given. Chapter 4 is devoted to nourishing foods with tables to measure and monitor your own health. Here, Jacob

explains the micro-nutrient balance between fats, carbohydrates and protein and gives a list of safe vegetables and which to buy organic. You will learn about probiotics, safe natural seasonings, and which fluids to enjoy and which ones to avoid. For many digestive issues, healing is accomplished by discovering the allergens, eliminating them from the diet and finally, slowly reintroducing them. Ms. Jacob convinces the reader that a paleo diet is preferable to others to combat each digestive issue and then offers real food solutions. A troubleshooting chapter covers cravings, fatigue and what to do if the symptoms return. I was interested to see she gives recommendations for that nasty distress constipation, often a companion to other digestive issues. Her recommendations in a nutshell: eat more fat, be patient, avoid trigger foods, take probiotics, get enough water and exercise. And if these don't help, she offers info on managing stress, abdominal massage, taking magnesium, sipping ginger tea and more. In short, everything you can do to help yourself naturally is listed. Chapter 10 gives some wonderful basic recipes for digestive health such as making ghee, bone broth, basic soups and stews, all-in-one salads and some snack foods. Each is accompanied by a full page, full color photo to get the digestive juices flowing. It's not a complete cookbook but offers enough recipes to fuel your body and your imagination. If you are eliminating foods, there's a section offering a weekly meal plan to reintroduce foods back into the diet. In conclusion, this book should be the bible for anyone suffering from digestive disease who wants a step-by-step manual for a holistic therapy. Jacob did it using her methods and so can you. Highly recommended.

I am so glad I came across this book, my sister is a nurse and we were both diagnosed with Crohns two years ago. She put herself on an elimination diet and with working at an allergy clinic, knows what to avoid and what to limit. She helped me with my diet as well and while doing some searching on FODMAPS, I came across this book and immediately ordered it. To break down so many food groups, digestion, different types of digestive disorders and supplements, I know I can be in control of my health and life! I love to cook and I don't see myself limiting what I eat, I see myself opening a door to a whole new lifestyle of amazing, REAL food. Since starting the elimination diet a month ago and slowly introducing foods again, I feel a huge difference in my energy levels, mental clarity, and overall digestion. Thank you for writing this, I've told so many people about it!

I have had some minor digestive issues for quite some time (some I didn't know were real digestive issues, like issues with FODMAPS and SIBO), so I realized that I needed some healing. Aglaee's philosophy is similar to GAPS or SCD--both of which are mostly based on REAL FOOD. Many

people with digestive issues learn that doing a strict elimination diet short-term and possibly removing certain foods from the diet permanently are extremely helpful. Will everything she suggests work for everyone? No, but who would expect that? Each of us are different and even though I may have issues with FODMAPS and someone else does to, it doesn't mean that we both react to the exact same foods in the exact same proportions. Doing an elimination diet and taking out foods that are known digestive irritants is only going to be helpful in healing the gut. I don't understand why anyone would gripe about a strict elimination diet that is meant to be short term--it makes no sense to me. You do it short term, then start adding foods back in and depending on your particular issues, you may be able to add things in faster than others. The book is based on real food, something that is absolutely important, however many people have digestive issues that are healed from removing vegetables and fruit for a period of time, and grains/gluten on a permanent basis. This is just the way it is for many people. I can now eat a ton of veggies and have started to add some fruit back in with no issues. Aglaee has a very friendly, approachable way of writing, which I find quite enjoyable--especially for a book about digestion! I would highly recommend the book to anyone who is having digestive issues.

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