



# **The Gut Health Protocol: A Nutritional Approach To Healing SIBO, Intestinal Candida, GERD, Gastritis, and other Gut Health Issues**

*John Herron*

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Second Edition!

“THANK YOU !!!! I have been suffering from IBS and SIBO for years .... I came across your "gut health protocol" and followed it to a T... and I truly have not felt this good in years !!!!! You have given me my life back !!!!! I never realized how sick I was, and I forgot how a healthy person should feel. I thought I had to live my life feeling the way I did. Not the case at all !! To everyone out there.... read the gut protocol, follow what is suggested...its so worth it !!!” — Jackie A.

“I’ve been doing John's protocol for the last two months and it has helped immensely with my SIBO. My bloating and stomach distention are pretty much gone, ditto stools pretty much normal and motility much better. I had a glucose breath test (unfortunately only for hydrogen) a couple of weeks ago and it was negative. I should say that I did the protocol full swing, all of the supplements and extra antimicrobials, as well as lifestyle changes. I'm not necessarily 100% better, but it's the first thing I've done beside a ridiculously restrictive diet that has actually helped me heal. In fact, previously my diet was slowly becoming more and more restricted. Give it a try, it's good stuff. And, hey John Herron, thank you!” — Michelle M.

“I would like to share that I have had such great success. My gut is probably about 90% better. I realize that it still probably has issues and this is a journey of healing and keeping it well, but I have had no bloating, belching, constipation or diarrhea, and limited moments of soreness. I feel that I am digesting my food and the shortness of breath, heart palpitations, and discomfort in my throat are gone too.” — Berea F.

“I just looked at your latest protocol and I have to say it is totally amazing! It seems more thorough than most of the 5 books I have read. Were/are you something famous for your job?” — Debbie H.

The Gut Health Protocol outlines natural approaches to tackling dozens of stomach and intestinal health issues using only scientifically studied natural herbs, supplements and diet. Supplements commonly available in local health foods stores and at your favorite online retailer. Many common ailments often have gut issues as their underlying cause, conditions such as: recurring stomach aches, diarrhea, constipation, heartburn, IBS, acid reflux, nausea, eating disorders, eczema, obesity, Chronic Fatigue Syndrome and even major depression have all been linked to gut issues. The root of many of these problems can often be traced quite convincingly to Small Intestinal Bacterial Overgrowth (SIBO), intestinal candida albicans, h.pylori bacteria overgrowth in the stomach, bacterial dysbiosis throughout the gut or other secondary conditions that these infections cause. The Gut Health Protocol, and The Gut Health Diet, can usually resolve these issues, and without damaging antibiotics or steroids. Even if you choose to go the antibiotic route The Gut Health Protocol can make the treatment more effective and can help prevent serious complications.

The book contains over 1200 published scientific studies summarized and explained in easy to understand language, over 500 pages on paper. Unlike many self-help books nearly everything in the book is based on

science, not opinion. The author takes all of this brilliant research and translates it to the practical application of healing and caring for our gut.

The book is written in such a way as allow your doctor to easily look up the research to validate the claims and treatment suggestions. No need to take the author's word for anything, you and your doctor can read the research. It is recommended that everyone works with a doctor to determine a treatment plan.

Though everyone's condition is different, you can be feeling much better in as little as 2 weeks, naturally and without risky antibiotics.

Be sure visit The Gut Health Protocol support group on Facebook, there are thousands of members just like you, all helping eac

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With this era which is the greater man or who has ability in doing something more are more valuable than other. Do you want to become among it? It is just simple solution to have that. What you have to do is just spending your time not very much but quite enough to get a look at some books. Among the books in the top listing in your reading list will be The Gut Health Protocol: A Nutritional Approach To Healing SIBO, Intestinal Candida, GERD, Gastritis, and other Gut Health Issues. This book that is qualified as The Hungry Hills can get you closer in turning out to be precious person. By looking up and review this book you can get many advantages.

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