



Natural Stomach Care: Treating and Preventing Digestive Disorders with the Best of Eastern and Western Healing Therapies

Anil Minocha

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It's been said that health begins in the stomach. When digestion is not working properly, the whole body suffers. Skin rash, bad breath, headache, fatigue, overweight, and premature aging can all result from poor digestion-not to mention gastric disorders like heartburn, indigestion, and irritable bowel syndrome. But nearly half of digestive disorders can be averted with proper eating, exercise, stress management, and related lifestyle modifications.

In *Natural Stomach Care*, gastroenterologist Anil Minocha, M.D., combines the wisdom of traditional Eastern healing with the advancements of conventional Western medicine to offer a wide range of easy-to-use, affordable, and effective at-home natural therapies that can strengthen digestion, keep the colon clean and the bowels moving, and improve overall health. In addition to recommendations for overall digestive health, Dr. Minocha provides remedies for a host of digestive complaints. Treatments include healing Chinese herbs, Ayurvedic medicine, yoga, tai chi, probiotics, vitamin and mineral supplements, colon-cleansing techniques, and lifestyle changes, making *Natural Stomach Care* an innovative, integrative approach to digestive health.

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