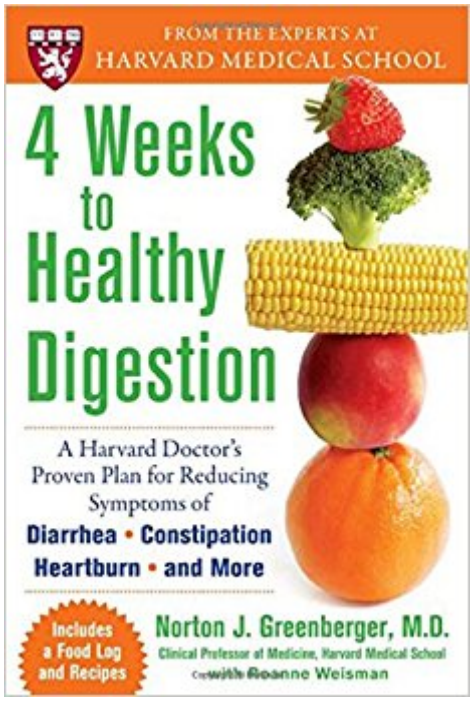
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4 Weeks To Healthy Digestion: A Harvard DoctorÃ¢â‚¬â„¢s Proven Plan For Reducing Symptoms Of Diarrhea,Constipation, Heartburn, And More



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Synopsis

Get permanent relief from digestive problems without expensive tests and medications-in just one month! Your medicine cabinet is brimming with antacids, gas relievers, and digestive aids of every description. You may have tried lightening up on rich foods or spending money on tests and pricey medication. But your suffering has only gotten worse. Maybe it’s not another pill you need but a good dose of common sense-that and a man with a plan for making you better. Harvard Medical School’s Dr. Norton Greenberger has devoted his career to understanding digestive problems and bringing relief to the people who suffer from them. 4 Weeks to Healthy Digestion clearly explains what causes most common digestive disorders and gives an easy-to-follow, nutrition-based plan for curing what ails you. In just four weeks you’ll: Beat diarrhea, constipation, heartburn, bloating, gas, dyspepsia, and more Identify the food, drink, and drug culprits making you sick Learn about how when, where, and how much you eat influences your health Eat your way to good digestive health with the delicious recipes included

Book Information

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Customer Reviews

Norton J. Greenberger, M.D., is a clinical professor of medicine at Harvard Medical School and a senior physician at Brigham and Women’s Hospital. He is an internationally renowned gastroenterologist, former president of the American Gastroenterological Association, and a recipient of the Julius M. Friedenwald Medal, the most prestigious award given in recognition of outstanding lifetime achievement in and contribution to the field of gastroenterology.

Excellent book -- my stomach noticed a difference within 48 hours of diet recommended -- fun to feel stomach looking for some acid and not finding it, or not being able to produce heartburn. Follow diet to a "T" and you will notice a difference. Problem is, you feel so good, you go back to the bad foods thinking your cured!

I did not learn many new bits of information in this book.

Skinny Gut Diet is much, much better!

This book was too difficult to want to try to follow. I tried to get interested, but writing down everything I ate and what the reactions were just sounded like something i would not stick with.

Personally I was looking for a more detailed type diet plan, something with calendar, recipes, not the general overall "things to try".

There is really nothing in this book that isn’t already widely available for free through other sources. Basically, it’s a book for novices, especially those who are ignorant of health and nutrition and eat the typical high fat, high sugar, industrial nonfoods that make up much of the American diet. But long-time sufferers of any of the conditions addressed in this book have probably already done their research and tried multiple strategies, including those suggested here. Save your money.

WHY I BOUGHT THIS BOOK: When there is something wrong with me, I get the best advice. A four year bio-medical science degree in nursing and work in advanced management consulting underscores this quest for the finest information. My strategy came into high use when, at 47, I entered what became a perimenopausal transition from hell.CHIEF COMPLAINT: Eights weeks ago and two years post-menopausal, I encountered severe painful ongoing gastro-intestinal dysfunction and near failure. Coupled with this gastric upset was my usual (but more intense this fall) ragweed and leaf mold allergies/rhinitis. I immediately sent for ’4 Weeks to Healthy Digestion’(2009)by Harvard’s Dr. Greenberger, a professor of gastroenterology, now in his 51st year of practice. (Harvard’s the best, right?)WAS THIS BOOK HELPFUL?: Greenberger’s book created mostly questions. FIRST, about the co-author, no information is given. In the Library of Congress fine print her 1952 date of birth and another gastro book title is revealed and that’s it. What contribution did

each of these authors make to the book? Is it, on the whole, ghost-written?NEXT, except for celiac sprue, there are no footnotes and no reference section of replicated, reliable, valid bio-science literature. The reader is being asked to accept Dr. Greenberger's un-footnoted advice as current and correct. After 50+ years of practice, would it not be effortless for Greenberger to cite the biomedical scholarship that his elimination diets, treatments and other information are based on?LAST, chapter 9 Communicating with Your Doctor, Greenberger is not for do-it-yourself doctoring. He is against patients doing research and presenting in the physician's office with a substantiated idea/opinion of what their diagnosis is and how it's to be managed.DIY DOCTOR RATIONALE: I think Greenberger's position that patients (especially women) not present as sophisticated and highly informed is wrong-headed and potentially lethal*. This belief stems from my experience of futilely trying to get quality science-based medical help for a near disabling, decade-long transition.In the late 30s to early 40s estrogen in the human female is NOT decreasing but has been found to become chaotic and high(Prior, JC. Endocrine Reviews 1998:19:4:397). This is the start of perimenopausal transition. [One of the pleiotropic/many effects of higher estrogen is to enhance inflammatory/allergic response by increasing macrophage proliferation (Smith, RC. Med Hypo 1991:36:2:178).]Three large recent studies - Heart and Estrogen/Progestin Replacement Study (HERS, 1998), Women's Estrogen for Stroke Trail (WEST, 2001), and Women's Health Initative (WHI,2001) - are amazingly concordant that estrogen replacement puts menopausal women at high risk of stroke or cancer. Yet, many doctors and gynaecologists are still prescribing estrogen replacement therapy (PloS Med 2010:7:9e10003350). *Two of my friends accepted estrogen replacement. One, age 64, has just died of stroke, and the other, age 69, is dying of cancer. As recently as last summer I, age 57, was offered estrogen while presenting with a boat-load of chaotic/high estrogen symptoms.TREATING IN THE DARK: [...] pubmed (world's largest med library) turned up an astonishing study just release online in Gastroenterology 2011, lead researcher H.P. Parkman M.D. Of 243 patients with a recognized complex of severe gastric symptoms to include nausea, vomiting, loss of appetite, bloating, abdominal pain, constipation and heart burn (gastroesophageal reflux disease, GERD) 88% (214) were female, with a mean age of 41 years. 19% revealed an inflammatory illness at an earlier date (I had allergies.) This cluster of symptoms - varyingly and in-exactly referred to as idiopathic gastroparesis (IG) if severe or dyspepsia if milder - is reported in this study to be NOT well understood and the precise clinical features UNKNOWN and NOT measured before this study!To discover doctors were fumbling around in the dark, not exactly sure what they were treating in what may turn out to be a largely female-specific gastro phenomenon is most un-reassuring. IG appears greatly over-represented in

women. Given the mean age of onset of 41 years, IG is probably tied directly to perimenopausal transition and driven by midlife chaotic/high estrogen.GENDER BIAS: In 227 pages, Dr. Greenberger has just two paragraphs (p142-143) to offer women in transition - a cohort potentially making up 80+% of his client load given the 2011 study. He indicates while irritable bowel syndrome (80% of IBS patients are female) and diarrhea may improve with menopause, this is not the case with GERD and heartburn. Already beaten down by days of unrelenting alimentary agony, an enormous bereft feeling swept over me when I read this seemingly thin, pitiless, un-helpful information. I could be wrong, but I think these meagre paragraphs speak to disinterest, indifference and neglect of the adult female's health needs.I have continued on to find quite a lot in pubmed that is helpful.By April Heather Ewart Andrews RN BN

I am actually a patient of Dr. Greenberger (I see him for mastocytosis) and I think he is a phenomenal doctor, very easily one of the best I have ever had. This book is enjoyable and easy to read...giving a lot of useful information without being overly dense.a+

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Constipation, Heartburn, and Many Other Digestive Disorders, Third Edition Beat The Bloat And Restore Healthy Digestion: Natural Remedies For Stomach Bloating, Gas, Food Intolerance, Irritable Bowel Syndrome And Constipation The Harvard Medical School Guide to Tai Chi: 12 Weeks to a Healthy Body, Strong Heart, and Sharp Mind (Harvard Health Publications) Taming Your Guts A complete guide to functional gastrointestinal disorders (FGID) including Irribable Bowel Syndrome (IBS), Gastroesophgeal Reflus (GERD), Gastritis, Roughage, Fiber, Food allergies, Constipation, Diarrhea, Diverticulosis The Acid Reflux Escape Plan: Two Weeks to Heartburn Relief LINZESS (Linaclotide): Treats Irritable Bowel Syndrome with Constipation (IBS-C) and Chronic Idiopathic Constipation (CIC) MS - Living Symptom Free: The True Story of an MS Patient: A Guide on How to Eat Properly and Live a Healthy Life while Controlling, Reducing, and Eliminating the Symptoms of Multiple Sclerosis Your Nutrition Solution to a Healthy Gut: A Meal-Based Plan to Help Prevent and Treat Constipation, Diverticulitis, Ulcers, and Other Common Digestive Problems Stomach Pain Relief at Last: Natural Remedies for Ulcers, Heartburn, Gastritis, Gas and Bloating Symptoms Associated with an H. pylori Infection: Stomach Health Digestive Health Now: The Four Week Plan to Heal Heartburn, Ulcers, Colitis, IBS and More

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