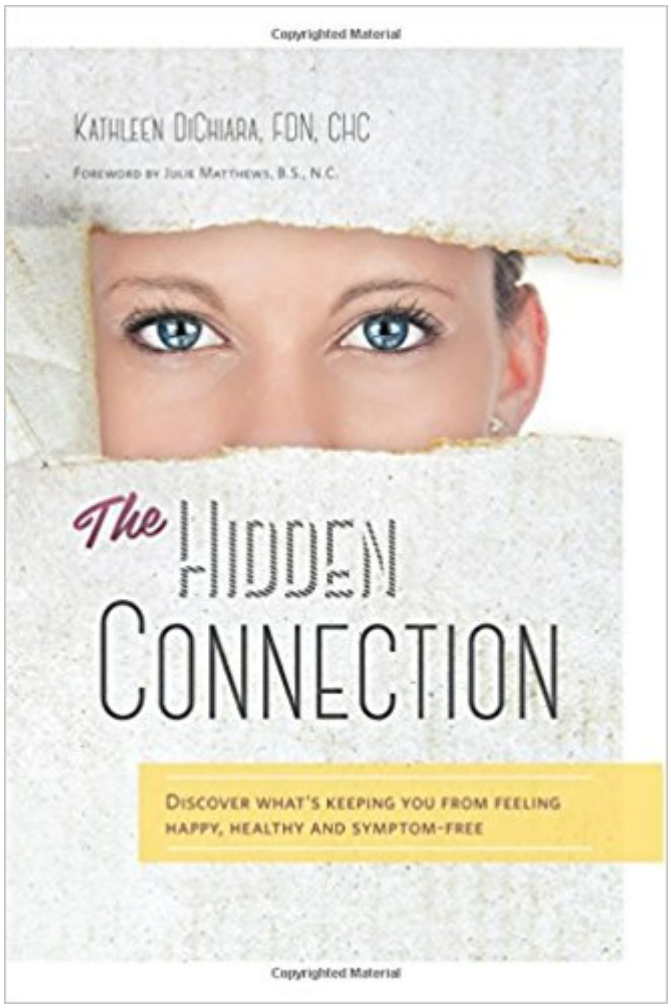
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The Hidden Connection: Discover What's Keeping You From Feeling Happy, Healthy And Symptom-Free (Color Version)



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Synopsis

The body doesn’t lie. At the root of all chronic health issues is an immune response to something in your environment, often leading to poor gut health, nutrient deficiencies, and internal inflammation. The modern system of medicine has created a paradigm in which it’s normal to suffer from many conditions. You have been taught how to "manage" disease rather than uncover the root cause of the symptoms. This book will awaken the health detective in everyone, by teaching you how to listen to your body’s messages and discover what’s feeding your disease. It invites us to consider the functional approach to nutrition by looking at the systems of the body to correct imbalances and dysfunction. Based on a true story of chronic illness and autism, this book blends personal experience and science to inspire others to believe in the body’s ability to heal. As the author effectively demonstrates in this book, we can change the epidemic of chronic disease in this world. It starts at home. It starts with you. Reviews: This book is a must-read for anyone who still thinks that nutrition and health are unrelated, or for anyone who is confused by all the misinformation that’s being dished out by the processed food industry. Full of useful facts and great visuals, and based on personal experience, Kathleen’s book is your best guide for eating your way back to health. ~ Stephanie Seneff Senior Research Scientist, MIT

Book Information

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Customer Reviews

After years of struggling with every disease listed by the CDC and living just one breadcrumb away from what felt like a full-body system failure, Kathleen made it her personal mission to spread the

word about the power of real food. Kathleen is the mother of three very hungry boys and prides herself on a wide range of nutritional wisdom, food savvy and self-care techniques. She is trained in Functional Nutrition, Bio-Individual Nutrition, and is a Certified Health and Nutrition Coach. She received specialized training in the biomedical approaches and supplemental interventions to autism after her son was diagnosed with PDD-NOS. Kathleen is also professionally trained as a raw food chef just so her salads donÃ¢â ¬â„¢t suck. She is board certified by the American Association of Drugless Practitioners (which really means she hates prescriptions).

Incredible book, written by real hero. Do you know why? Kathleen is a person who never gave up, she decided to find a real cause of her illness instead putting a patch on the symptoms. She also never gave up on her son and figured things out to help his "condition", Kudos to you Kathleen.I believe that everyone who is suffering from chronic conditions should read and re-read her book.Most of us are prisoners locked in an unhealthy body (mainly due to toxicity in our food and environment) and we believe that pain is a part of a life, but it is not true. We were born to be healthy and we can achieve that if we only allow it.Remember it is not about good food or bad food, it is about food which is not good for you (or one your body can't process), learn about it from Kathleen book.

KathleenÃƒÂ¢Ã â ¬Ã â„¢s personal story of healing her chronic illness and her sonÃƒÂ¢Ã â ¬Ã â„¢s autism with nutritional therapies is inspiring. She expertly guides the reader though the potential cause of illness and offers a proven plan for well-being. As she shares, once you begin any change you can experience ridicule, resistance and acceptance. People make fun of what they donÃƒÂ¢Ã â ¬Ã â„¢t understand. Her story is very close to my heart as both my children have food intolerances. In the beginning this discovery can be very frustrating, but Kathleen has a plan to get you started.

I have numerous health issues and have been researching this type of stuff for years and agree with the author 100%. I just wish I found out about this book sooner than I did. It would have saved me a lot of time and PAIN.What I really want to know is when governments are going to take steps to help protect their citizens from all the big corporations that are poisoning us little by little for the sake of profits. At the very least Schools should be teaching us this important information. In fact this book should be required reading in school.This world would be a lot safer if there were more people like the author.

This book keeps it simple while educating you like no other book I have ever come across. It just makes so much sense. I think a lot of readers are going to have ahaa moments. Not only is it a must read for anyone with an autoimmune disease or chronic health problems but also for the person who feels he or she is fit and healthy. It will help you understand and recognize signs your body is giving you which are potentially precursors to many problems down the line. It is never too early or too late to help you become a more efficient you.

I almost couldn't believe my eyes when I picked up this book. It is so well organized and beautifully color-coded. This book is easy to read and you will be able to easily find the overwhelmingly important information that is found in this book.I also sat here in shock as I read what the author had overcome in her life. Seriously, my life seems like a walk in the park! (and it really wasn't)If you could only buy 1 book to discover "what is wrong with you" and inspire you to overcome your personal health challenges I would say this is the book for you. Wow! Kathleen DiChiara is a modern day health hero in my book! Best of luck on your personal wellness journey!

This was a very informative and eye opening. It had the right mix of scientific information and personal stories. It is definitely a book to be read more than once and to be used as a reference tool. I liked how the book was laid out, with key points being summarized at the end of each section. I found the information in the book helpful, as I continue to explore how food impacts overall health. I would recommend this book to all who want to learn more about how what you eat impacts not only your weight but your autoimmune system.

This authors personal experience and story will help so many. She is very knowledgeable and the information is well researched. She goes into depth and at the same time keeps it easy to understand. I will definitely recommend it to others. This book is a must read, especially if you want to maintain or re-gain good health. I wish books like this were used in high school health classes! Well done!

This book is fantastic! Such an easy and helpful read. So much great information!!!! The author is very relatable. I am on a journey myself to rid my family's diet of toxins and processed foods. Thank you Kathleen for you beautiful book!

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