

THE HEALTHY GUT WORKBOOK

Whole-Body Healing for Heartburn, Ulcers, Constipation, IBS, Diverticulosis & More

BY VICTOR S. SIERPINA, MD

Featuring

The foundational basics of digestive health and nutrition

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An explanation of the connection between emotions (stress, anxiety and anger) and gastrointestinal health

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Practical tools for resolving a number of digestive health issues

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A breakdown of common digestive issues and corresponding lifestyle, dietary and medication options to help relieve them

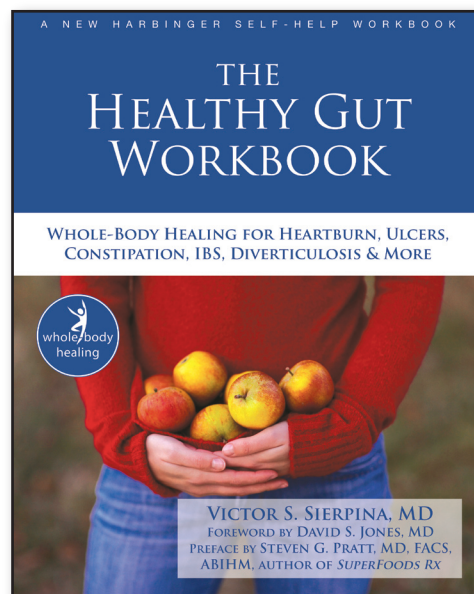
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An exploration of the benefits and potential hazards of common medications, surgeries and diet plans associated with gastrointestinal issues

Take control of your digestive health and quit your belly-aching, once and for all

Poor digestion can cause a host of health problems from simple stomach aches, harmful toxin release from the build-up of undigested food, and chronic fatigue. Additionally, according to the National Institutes of Health, as many as fifteen percent of American adults experience heartburn or reflux at least once a week, while as many as twenty percent suffer with symptoms of irritable bowel syndrome. Fortunately, there are many simple ways to facilitate healthy digestion through diet, activity and emotion regulation.

In his new *Healthy Gut Workbook*, Dr. Victor Sierpina applies more than thirty years of medical experience to offer an essential resource for those who suffer from a range of digestive issues. Whether your issue is occasional **bloating**, **stomach aches** and **gas**, or chronic and recurring **heartburn**, **reflux**, **inflammatory bowel disease**, **ulcers**, **Crohn's disease** and **diverticulosis**, *The Healthy Gut Workbook* offers approachable, effective solutions to improve your digestion and overall health.



FOR MORE INFORMATION, CONTACT

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Victor S. Sierpina, M.D.

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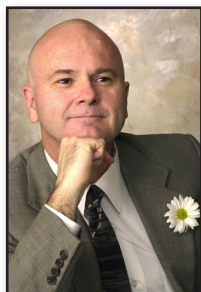
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About
the Author



Victor S. Sierpina, MD, is a professor of family and integrative medicine at the University of Texas Medical Branch in Galveston, Texas. His professional practice, courses and research focus on natural health approaches to disease prevention and wellness.

He was principal investigator on a \$1.6 million National Institutes of Health grant to develop an evidence-based curriculum in alternative therapies, and the recipient of a \$1.35 million NIH Exploratory and Development Grant in mind-body medicine.

The stress-digestion connection

It's commonly known that some unpleasant physical conditions are closely connected with emotions: ulcers with stress; digestive woes with anxiety and stress, cramps and gas with unconscious swallowing of air when eating too fast due to haste or worry, and even difficulty swallowing (or a "lump in the throat") due to panic. Likewise, a stomach-ache or other gut-based discomfort can be the root of emotional stress as well.

According to **Dr. Victor Sierpina**, the human gastrointestinal tract is loaded with chemical receptors that affect both digestion and mood and feeling. The same nerve cells that are targeted by antidepressant drugs such as Prozac, Zoloft, Celexa and Effexor are found in massive populations within the brain and central nervous system, and thus there are common mechanisms affecting thoughts, emotions, and the digestive gut. Medical physiology research shows that in addition to food, the gut processes emotions, too.

Mindfulness of our bodily reactions to stress and emotions can be a great first step to alleviating both mental and physical issues. "Positive emotions" like happiness and comfort are soothing, while worry or anxiety may aggravate stomach issues including cramping, diarrhea, acid symptoms or heartburn. Recognizing these symptoms is the first step in prevention of further problems. Plus, it's an alternative to jumping right into treatment with medications such as antacids, antispasmodics, and painkillers.

Keep in mind that symptoms of emotional distress can sometimes be vague, such as a slight burning sensation in the upper belly, bloating, or indigestion. Take note of new, old and familiar symptoms so that you can respond to stress of emotional upset through natural, self-help remedies like taking deep, centering breaths and practicing relaxation techniques. With practice, you should become more mindful of how your emotions and gut interact with each other, thus putting a stop to unnecessary emotional and physical "belly-aching."

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Praise

"From one of America's master teachers and an authority on integrative health, Dr. Victor Sierpina's *Healthy Gut Workbook* is one of the most accurate and concise guidebooks on gastrointestinal health to appear in years. Filled with good science and good sense, this book takes the mystery out of functional integrative medicine, one of the most important approaches to health of the past decade. Let Dr. Sierpina be your guide to superb gastrointestinal health!"

— Larry Dossey, M.D., Author, *The Power of Premonitions*

"*The Healthy Gut Workbook* is extremely informative and easy to follow. It's a must read for anyone who wants to improve not only his or her gut health, but overall health as well."

— Adam Perlman, M.D., MPH, FACP, Chairperson, Department of Primary Care, School of Health Related Professions, University of Medicine and Dentistry of New Jersey (UMDNJ); Endowed Professor of Complementary and Alternative Medicine, School of Health Related Professions, UMDNJ

"Dr. Sierpina, one of the nation's most respected experts in the integrative medical approach to health and wellness, has done all patients with bowel problems a huge favor by writing this clear, simple, and accessible manual outlining the most important elements they need to know to take charge of their health. His deep knowledge of the evidence, extensive clinical experience, combined with a very user-friendly style make this self assessment tool a pleasure to use--an important contribution to patient literature on bowel dysfunction."

— Woodson Merrell, M.D., Chairman, Department of Integrative Medicine, Beth Israel Medical Center; Assistant Clinical Professor of Medicine, Columbia University, College of Physicians and Surgeons; Author, *Power Up: Unleash Your Natural Energy, Revitalize Your Health, and Feel 10 Years Younger*

"The most common reasons for seeing a doctor are digestive complaints such as irritable bowel or reflux or ingestion. *The Healthy Gut Workbook* will leave a lot of doctors twiddling their thumbs wondering where the patients have gone. Dr. Sierpina brilliantly and practically guides us to the underlying causes of common digestive problems -- things your doctor often overlooks such as food allergies, gluten, imbalances in the ecosystem of bugs in your gut. If your gut is talking to you, this book spells relief. It is grounded in some of the most important scientific discoveries of our time and you won't have to wait twenty years to hear about them."

—Mark Hyman, M.D., Chairman, The Institute for Functional Medicine; Author of *The New York Times* best-seller, *The UltraMind Solution*

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