



# **Eat Dirt: Why Leaky Gut May Be the Root Cause of Your Health Problems and 5 Surprising Steps to Cure It**

*Josh Axe*

Download now

[Click here](#) if your download doesn't start automatically

# Eat Dirt: Why Leaky Gut May Be the Root Cause of Your Health Problems and 5 Surprising Steps to Cure It

Josh Axe

## **Eat Dirt: Why Leaky Gut May Be the Root Cause of Your Health Problems and 5 Surprising Steps to Cure It** Josh Axe

Doctor of Natural Medicine and wellness authority Dr. Josh Axe delivers a groundbreaking, indispensable guide for understanding, diagnosing, and treating one of the most discussed yet little-understood health conditions: leaky gut syndrome.

Do you have a leaky gut? For 80% of the population the answer is “yes”—and most people don’t even realize it. Leaky gut syndrome is the root cause of a litany of ailments, including: chronic inflammation, allergies, autoimmune diseases, hypothyroidism, adrenal fatigue, diabetes, and even arthritis.

To keep us in good health, our gut relies on maintaining a symbiotic relationship with trillions of microorganisms that live in our digestive tract. When our digestive system is out of whack, serious health problems can manifest and our intestinal walls can develop microscopic holes, allowing undigested food particles, bacteria, and toxins to seep into the bloodstream. This condition is known as leaky gut syndrome.

In *Eat Dirt*, Dr. Josh Axe explains that what we regard as modern “improvements” to our food supply—including refrigeration, sanitation, and modified grains—have damaged our intestinal health. In fact, the same organisms in soil that allow plants and animals to flourish are the ones we need for gut health. In *Eat Dirt*, Dr. Axe explains that it’s essential to get a little “dirty” in our daily lives in order to support our gut bacteria and prevent leaky gut syndrome. Dr. Axe offers simple ways to get these needed microbes, from incorporating local honey and bee pollen into your diet to forgoing hand sanitizers and even ingesting a little probiotic-rich soil.

Because leaky gut manifests differently in every individual, Dr. Axe also identifies the five main “gut types” and offers customizable plans—including diet, supplement, and lifestyle recommendations—to dramatically improve gut health in just thirty days. With a simple diet plan, recipes, and practical advice, *Eat Dirt* will help readers restore gut health and eliminate leaky gut for good.

 [Download Eat Dirt: Why Leaky Gut May Be the Root Cause of Y ...pdf](#)

 [Read Online Eat Dirt: Why Leaky Gut May Be the Root Cause of ...pdf](#)

## **Download and Read Free Online Eat Dirt: Why Leaky Gut May Be the Root Cause of Your Health Problems and 5 Surprising Steps to Cure It Josh Axe**

---

### **From reader reviews:**

#### **Jesus Reeves:**

What do you ponder on book? It is just for students since they're still students or this for all people in the world, the particular best subject for that? Simply you can be answered for that problem above. Every person has distinct personality and hobby for each and every other. Don't to be forced someone or something that they don't would like do that. You must know how great as well as important the book Eat Dirt: Why Leaky Gut May Be the Root Cause of Your Health Problems and 5 Surprising Steps to Cure It. All type of book could you see on many methods. You can look for the internet resources or other social media.

#### **Shirley Glover:**

Do you have something that you like such as book? The publication lovers usually prefer to pick book like comic, short story and the biggest some may be novel. Now, why not striving Eat Dirt: Why Leaky Gut May Be the Root Cause of Your Health Problems and 5 Surprising Steps to Cure It that give your fun preference will be satisfied by means of reading this book. Reading behavior all over the world can be said as the means for people to know world much better then how they react to the world. It can't be said constantly that reading habit only for the geeky man or woman but for all of you who wants to become success person. So , for all of you who want to start examining as your good habit, you could pick Eat Dirt: Why Leaky Gut May Be the Root Cause of Your Health Problems and 5 Surprising Steps to Cure It become your starter.

#### **Norma Dickerson:**

Reading a book to get new life style in this calendar year; every people loves to study a book. When you read a book you can get a great deal of benefit. When you read publications, you can improve your knowledge, simply because book has a lot of information into it. The information that you will get depend on what kinds of book that you have read. In order to get information about your examine, you can read education books, but if you act like you want to entertain yourself you are able to a fiction books, this sort of us novel, comics, along with soon. The Eat Dirt: Why Leaky Gut May Be the Root Cause of Your Health Problems and 5 Surprising Steps to Cure It will give you new experience in studying a book.

#### **Roberta Haile:**

In this period globalization it is important to someone to receive information. The information will make a professional understand the condition of the world. The health of the world makes the information easier to share. You can find a lot of recommendations to get information example: internet, paper, book, and soon. You can observe that now, a lot of publisher which print many kinds of book. The particular book that recommended to you personally is Eat Dirt: Why Leaky Gut May Be the Root Cause of Your Health Problems and 5 Surprising Steps to Cure It this e-book consist a lot of the information on the condition of this world now. This book was represented how do the world has grown up. The language styles that writer value to explain it is easy to understand. The actual writer made some investigation when he makes this

book. This is why this book acceptable all of you.

**Download and Read Online Eat Dirt: Why Leaky Gut May Be the Root Cause of Your Health Problems and 5 Surprising Steps to Cure It Josh Axe #DLXM7Q0CJVA**

## **Read Eat Dirt: Why Leaky Gut May Be the Root Cause of Your Health Problems and 5 Surprising Steps to Cure It by Josh Axe for online ebook**

Eat Dirt: Why Leaky Gut May Be the Root Cause of Your Health Problems and 5 Surprising Steps to Cure It by Josh Axe Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Eat Dirt: Why Leaky Gut May Be the Root Cause of Your Health Problems and 5 Surprising Steps to Cure It by Josh Axe books to read online.

## **Online Eat Dirt: Why Leaky Gut May Be the Root Cause of Your Health Problems and 5 Surprising Steps to Cure It by Josh Axe ebook PDF download**

**Eat Dirt: Why Leaky Gut May Be the Root Cause of Your Health Problems and 5 Surprising Steps to Cure It by Josh Axe Doc**

**Eat Dirt: Why Leaky Gut May Be the Root Cause of Your Health Problems and 5 Surprising Steps to Cure It by Josh Axe Mobipocket**

**Eat Dirt: Why Leaky Gut May Be the Root Cause of Your Health Problems and 5 Surprising Steps to Cure It by Josh Axe EPub**