



## Happy Healthy Gut: The Natural Diet Solution to Curing IBS and Other Chronic Digestive Disorders

By Jennifer Browne



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Millions of Americans deal with daily digestive malfunction and attribute it to genetics or faulty wiring. Jennifer Browne reveals the common denominator present in almost all chronic digestive angst: food. What we choose to fuel ourselves with has a direct impact on every part of our bodies, starting with the digestive system. Browne urges us to own responsibility for our own health and make conscientious decisions regarding the cause and effect foods have on our digestive tracts. Written in frank, humorous laymen's terms and sharing her own personal success story along with others', Browne passionately educates her readers on why a plant-based diet is the only prescription necessary for a happy, healthy tummy. Discover the direct correlation between digestive trauma and factory farming; the incredible benefits of juicing, fermenting, and sprouting food; the reason why GMOs lead to IBS; and what ingredients really just translate to "sugar" or "lab-created chemical." Heal Your Gut is an easy read that is truly important and highly informative for anyone who has ever dreamed of a perfectly functioning digestive system.

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### Editorial Review

#### Review

“Jennifer Browne tells a much needed personal story about health. Few disease clusters are so confusing as are the gastrointestinal diseases—often vague diagnoses and lots of misery. A good personal story along with some respectable science is very much in order. Here’s a start well worth reading.”

—T. Colin Campbell, PhD

Professor Emeritus of Nutrition Biochemistry, Cornell University  
Co-Author of the best selling *The China Study*

“Happy Healthy Gut is a necessary read for all. Jennifer Browne not only provides effective solutions for those suffering from digestive disorders, but provides the link between gut health and optimal health, encouraging everyone to feel their absolute best! Browne filters through all the crap (pun intended) and provides insight and education in a way that’s approachable, direct and fun to read!”

—Peggy Kotsopoulos, Registered Holistic Nutritionist  
and author of *Must Have Been Something I Ate*

“Digestive disease is the source of suffering and debilitation for millions and millions of people, leaving so many feeling hopeless, afraid, and alone. Happy Healthy Gut provides a healthy, easy solution along with humor, comfort, and a ton of practical tips. Jennifer Browne reaches out to the reader as an empathetic friend, empowering and charming us, and infusing inspiration and hope. As a fellow IBS sufferer who has vastly improved from the whole food, plant-based diet described in this book, I highly recommend it!”

—Julieanna Hever, MS, RD, CPT, author of *The Complete Idiot’s Guide to Plant-Based Nutrition* and host of *Veria Living’s* wellness talk show, *What Would Julieanna Do?*

“Inspiring and informative; Jennifer takes you through her digestive journey, while educating her readers about the digestive system and the impact a plant-based diet can have on it. I love finding a book such as this one, that brings a true recovery story into the spotlight. The masses need to know that we can become responsible for our health, natural remedies do work, and reversing dis-ease is possible! Thanks for sharing your experiences with us, Jen!”

—Stephanie Ablett, CNP

Certified Holistic Nutritionist and Vegan Food Enthusiast  
[naturalginger.ca](http://naturalginger.ca)

“If you are one of the tens of millions of people who suffer from Irritable Bowel Syndrome, then here is hope! A life of pain, frustration, and limitation is not a foregone conclusion. Jennifer Browne has compiled a wealth of information to assist you in using a plant-strong diet to achieve a vibrantly healthy digestive system. Happy Healthy Gut is informative, inspirational, and immensely practical. Read it, apply it, and thrive!”

—Ocean Robbins, CEO, The Food Revolution Network,  
co-author, Voices of the Food Revolution

About the Author

### **Jennifer Browne**

is an advocate for nutrition education and digestive disorder cessation. She is passionate about promoting clean, “wholistic” food practices and avoiding the slew of “non-foods” that make up our current food system. Browne was diagnosed with IBS in 2001 and has been symptom-free since 2010 when she adopted a mindful, plant-based diet. She resides in Vancouver, Canada.

## **Users Review**

### **From reader reviews:**

#### **Dan Maes:**

Book is actually written, printed, or descriptive for everything. You can recognize everything you want by a book. Book has a different type. As we know that book is important issue to bring us around the world. Alongside that you can your reading talent was fluently. A book Happy Healthy Gut: The Natural Diet Solution to Curing IBS and Other Chronic Digestive Disorders will make you to possibly be smarter. You can feel a lot more confidence if you can know about every little thing. But some of you think that will open or reading a new book make you bored. It isn't make you fun. Why they may be thought like that? Have you looking for best book or appropriate book with you?

#### **Bruce Hardin:**

What do you regarding book? It is not important together with you? Or just adding material when you require something to explain what you problem? How about your time? Or are you busy person? If you don't have spare time to try and do others business, it is make one feel bored faster. And you have free time? What did you do? Everybody has many questions above. They need to answer that question because just their can do that. It said that about e-book. Book is familiar in each person. Yes, it is right. Because start from on jardín de infancia until university need this Happy Healthy Gut: The Natural Diet Solution to Curing IBS and Other Chronic Digestive Disorders to read.

#### **Jose Higham:**

Spent a free the perfect time to be fun activity to complete! A lot of people spent their spare time with their family, or their very own friends. Usually they doing activity like watching television, planning to beach, or

picnic inside park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your own personal free time/ holiday? Can be reading a book could be option to fill your no cost time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to test look for book, may be the reserve untitled Happy Healthy Gut: The Natural Diet Solution to Curing IBS and Other Chronic Digestive Disorders can be fine book to read. May be it may be best activity to you.

**Mary Adams:**

With this era which is the greater man or who has ability to do something more are more special than other. Do you want to become one among it? It is just simple approach to have that. What you need to do is just spending your time not much but quite enough to have a look at some books. Among the books in the top collection in your reading list is Happy Healthy Gut: The Natural Diet Solution to Curing IBS and Other Chronic Digestive Disorders. This book which can be qualified as The Hungry Slopes can get you closer in turning into precious person. By looking upwards and review this reserve you can get many advantages.

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