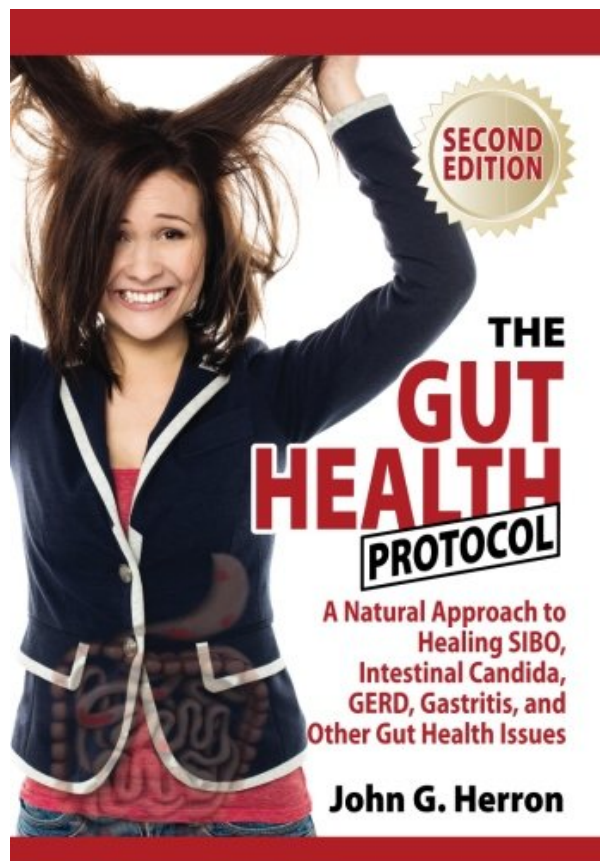
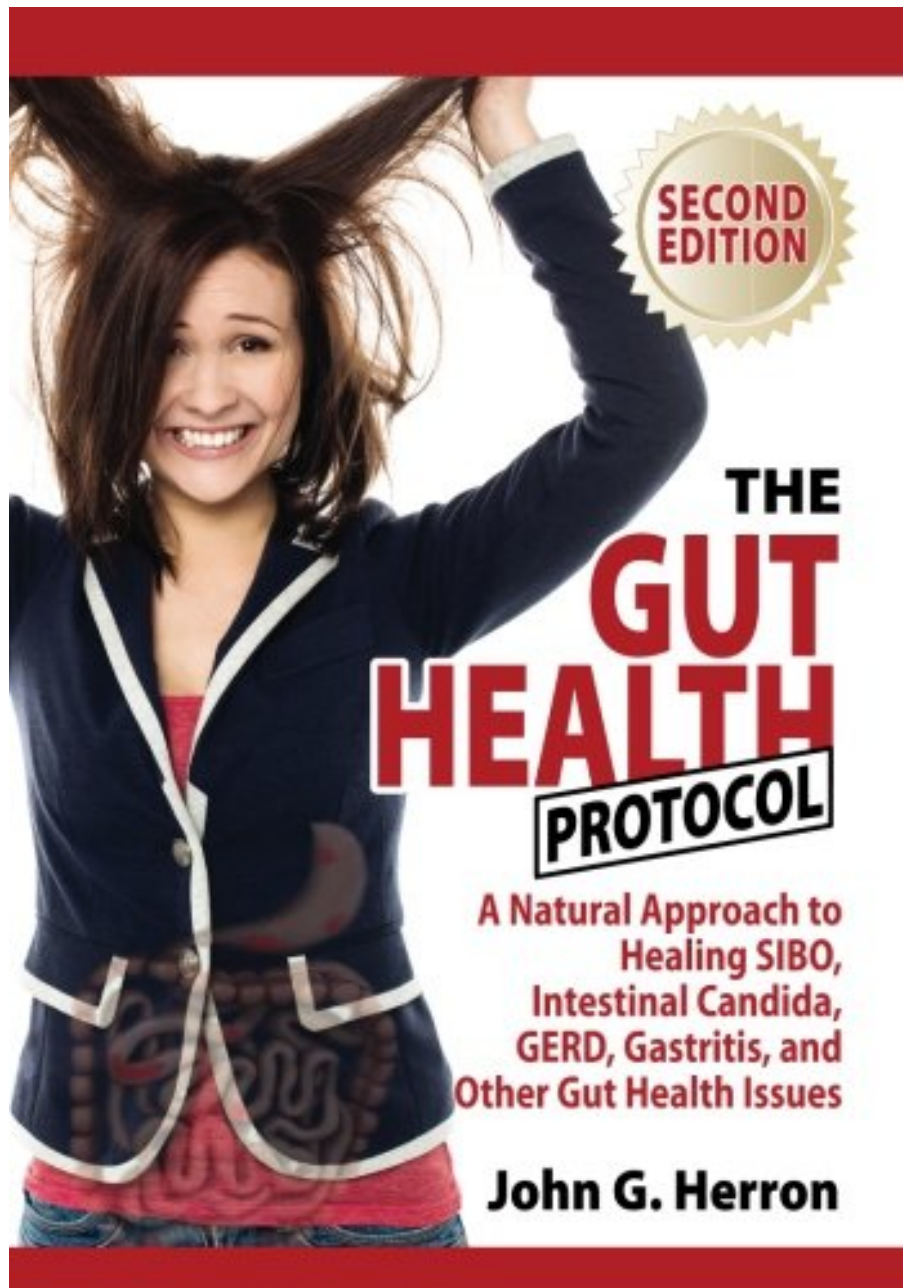


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Second Edition! “THANK YOU !!!! I have been suffering from IBS and SIBO for years .... I came across your "gut health protocol" and followed it to a T... and I truly have not felt this good in years !!!!! You have given me my life back !!!!! I never realized how sick I was, and I forgot how a healthy person should feel. I thought I had to live my life feeling the way I did. Not the case at all !! To everyone out there.... read the gut protocol, follow what is suggested...its so worth it !!!” — Jackie A. “I've been doing John's protocol for the last two months and it has helped immensely with my SIBO. My bloating and stomach distention are pretty much gone, ditto stools pretty much normal and motility much better. I had a glucose breath test (unfortunately only for hydrogen) a couple of weeks ago and it was negative. I should say that I did the protocol full swing, all of the supplements and extra antimicrobials, as well as lifestyle changes. I'm not necessarily 100% better, but it's the first thing I've done beside a ridiculously restrictive diet that has actually helped me heal. In fact, previously my diet was slowly becoming more and more restricted. Give it a try, it's good stuff. And, hey John Herron, thank you!” — Michelle M. “I would like to share that I have had such great success. My gut is probably about 90% better. I realize that it still probably has issues and this is a journey of healing and keeping it well, but I have had no bloating, belching, constipation or diarrhea, and limited moments of soreness. I feel that I am digesting my food and the shortness of breath, heart palpitations, and discomfort in my throat are gone too.” — Berea F. “I just looked at your latest protocol and I have to say it is totally amazing! It seems more thorough than most of the 5 books I have read. Were/are you something famous for your job?” — Debbie H. The Gut Health Protocol outlines natural approaches to tackling dozens of stomach and intestinal health issues using only scientifically studied natural herbs, supplements and diet. Supplements commonly available in local health foods stores and at your favorite online retailer. Many common ailments often have gut issues as their underlying cause, conditions such as: recurring stomach aches, diarrhea, constipation, heartburn, IBS, acid reflux, nausea, eating disorders, eczema, obesity, Chronic Fatigue Syndrome and even major depression have all been linked to gut issues. The root of many of these problems can often be traced quite convincingly to Small Intestinal Bacterial Overgrowth (SIBO), intestinal candida albicans, h.pylori bacteria overgrowth in the stomach, bacterial dysbiosis throughout the gut or other secondary conditions that these infections cause. The Gut Health Protocol, and The Gut Health Diet, can usually resolve these issues, and without damaging antibiotics or steroids. Even if you choose to go the antibiotic route The Gut Health Protocol can make the treatment more effective and can help prevent serious complications. The book contains over 1200 published scientific studies summarized and explained in easy to understand language, over 500 pages on paper. Unlike many self-help books nearly everything in the book is based on science, not opinion. The author takes all of this brilliant research and translates it to the practical application of healing and caring for our gut. The book is written in such a way as allow your doctor to easily look up the research to validate the claims and treatment suggestions. No need to take the author's word for anything, you and your doctor can read the research. It is recommended that everyone works with a doctor to determine a treatment plan. Though everyone's condition is different, you can be feeling much better in as little as 2 weeks, naturally and without risky antibiotics. Be sure visit The Gut Health Protocol support group on Facebook, there are thousands of members just like you,

all helping each other.

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#### Most helpful customer reviews

17 of 18 people found the following review helpful.

So far, So good!

By Kathy F

At the risk of divulging TMI, I've been diagnosed with GERD and IBS and having some serious gastrointestinal issues. This book provides the blueprint I've been searching for to get healthy again. I've just started reading and implementing the advice given in the book so can't say long term, but just starting with step one - eating/drinking natural probiotic foods such as Kefir and increasing my probiotic intake overall - have already helped tremendously this week!

Yesterday I read about the diet, downloaded the safe/unsafe foods list from the website, ate only safe foods and this morning for the first time in months I did not wake up with gas, bloating, diarrhea and nausea! I love how all the information the author provides is backed up with scientific research. I also love that the author isn't trying to sell me a bunch of products. He provides information about what has worked for him, and that's great, but he also invites the reader to go natural and make or grow their own or find their own best product brands. He's not trying to sell me a brand he gets a commission on, so I feel I can trust him more.

There is plenty of support, too, from the website to Facebook, a helpful community is growing around the protocol.



It had not occurred to me that all my other issues from obesity to psoriatic arthritis to fibromyalgia to diabetes may all be connected to the same root issue - an unhealthy and unbalanced gastrointestinal environment. I'm very excited to build on this start and improve my health. So far, so good!

22 of 24 people found the following review helpful.

Great Practical Guide to Better Health! Must Read!

By Daniel G Brigham

So much of our health is related to our gut. If things go wrong there it can cause a cascade of other problems down the road. This is an excellent book written by someone who went to a lot of trouble researching the topic to get to the bottom of his problem with gut health. Most doctors treat GERD or SIBO with prescription drugs which only treat symptoms and never fully resolve the problem. If you have yeast infection of the gut, most doctors won't acknowledge that it can even be possible unless you have AIDS. This book goes deeper into dealing with causes and taking action with diet and supplements. Not only are there foods which you should eat for gut health, there are definite foods, drinks and food additives that you should avoid. By making changes to my diet and adding herbal and nutritional supplements according to the protocol laid out in this book, I have made tremendous progress in regaining my health and well-being. I still have a way to go. Leaky gut and/or inflamed intestines will take more time to fully heal than the time it took to get out of whack. I am on the road to full recovery and I will never go back to my former eating habits and lifestyle. I want to personally thank the author for researching and detailing such a fine resource.

2 of 2 people found the following review helpful.

Best Money I've Ever Spent On a Book!

By K. Herber

I have been battling SIBO, SIFO, IBS, constipation... you name it, for several years (some things my whole life) and this book has seriously turned my life around in a matter of 6 weeks. I am a huge researcher and with experiencing little to no help from doctors test after test, I now try very hard to advocate for myself. John has taken all the research I have read over the last year and brilliantly organized it in this easy to follow protocol. I have been following it to a T and for the first time in forever I don't have a pregnant looking belly, have become regular, sleep better, become hungry again, don't have acid reflex, my hair is growing back, I don't randomly itch all over, reduced brain fog and anxiety, lower pain, improved Thyroid... I mean you name it! I can't remember the last time I felt this good. Everything has improved. Yes, being so strict with eating has it's social downsides but it has certainly been paying off. Buying and taking all the supplements can be overwhelming, especially looking at the bill but in all honesty has been cheaper than any of the awful tests the doctors have tried running on me. I tried 4 rounds of antibiotics prior to this protocol with no success and worsening symptoms. I will continue to follow John's protocol, probably for life. I seriously wish I could have given every dime I've spent on ridiculous tests and specialists right to John, because he deserves it. Thank you, John! PS he has a Facebook forum page and personally responds to endless questions every day, super helpful!

See all 50 customer reviews...

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