

HAPPY GUT

THE CLEANSING PROGRAM TO HELP YOU LOSE WEIGHT, GAIN ENERGY, AND ELIMINATE PAIN

DR. VINCENT PEDRE

READ BY PATRICK LAWLOR

For years we've been told "you are what you eat . . ."

. . . and now a groundbreaking book by a top Functional Medicine specialist reveals that everything you put into your gut can either create serious digestive issues or fix them. Dr. Vincent Pedre understands gut problems firsthand. He suffered from irritable bowel syndrome for years before becoming an expert in Functional Medicine and learning how to heal his body through food. Dr. Pedre drew from his own experience to develop the Gut C.A.R.E. Program, an approach that draws from both Western and Eastern methodologies, combining integrative and Functional Medicine, and has a proven track record in his private practice in New York. Now, for the first time, Dr. Pedre makes his revolutionary plan for health and wellness available to everyone.

Happy Gut takes readers step-by-step through Gut C.A.R.E.—Cleanse, Activate, Restore, and Enhance—which eliminates food triggers, clears the gut of unfriendly pathogens, and replaces them with healthy probiotics and nutrients that repair and heal the gut. Rather than masking symptoms with medication, he shows us how to address problems at their core to restore the gastrointestinal system to its proper functioning state. By fixing problems in the gut, followers of Dr. Pedre's program have also cured other health woes, and they have dropped excess pounds, gained extra energy, experienced the disappearance of their seasonal allergies, felt their aches and pains vanish, and improved their overall health.

Complete with recipes and meal plans including gluten-free, low-fat, and vegetarian options, a twenty-eight-day full gut cleanse, yoga postures to help digestion, and inspiring examples from many of Dr. Pedre's patients, *Happy Gut* will transform your gut and your life for good.

DR. VINCENT PEDRE, medical director of Pedre Integrative Health, is a board-certified internist and a Functional Medicine-certified practitioner in private practice in New York City. Dr. Pedre's integrative medical approach combines both Western and Eastern traditions. He is a clinical instructor at the Mount Sinai School of Medicine, and is also certified in yoga and medical acupuncture. His holistic philosophy is patient-centered and focuses on uncovering the root causes of illness to create long-term wellness. Dr. Pedre based his Gut C.A.R.E. Program on his own recovery from irritable bowel syndrome, becoming an expert on healing the body from the inside out with an emphasis on the gut microbiome. He believes the gut is the "seat of all health." He is also the founder of Dr. Pedre Wellness, which offers health-enhancing programs, content and lifestyle products, dietary supplements, and weight loss programs. Dr. Pedre is a sought-after speaker at medical conferences around the world.

 Harper Audio

Running Time: Approx. 6 Hours • Unabridged

Copyright © 2015 by Dr. Vincent Pedre. Cover design by Mumtaz Mustafa. Cover photograph © Thomas Vogel/ Getty Images. © & © 2016 HarperCollins Publishers. www.harperaudio.com

PLAYAWAY®

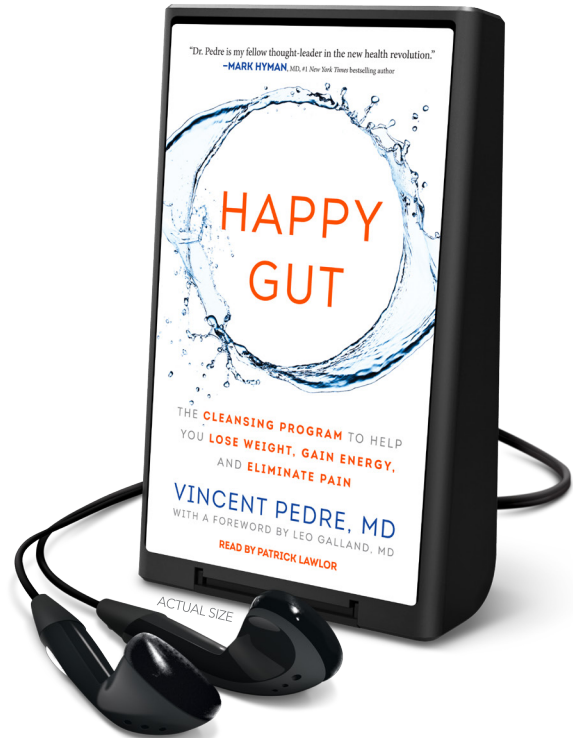
HAPPY GUT
THE CLEANSING PROGRAM TO HELP YOU LOSE WEIGHT, GAIN ENERGY, AND ELIMINATE PAIN

DR. VINCENT PEDRE

 Harper Audio

PLAYAWAY®

THE ALL-IN-ONE AUDIOBOOK



PLAYAWAY®

Playaway preloaded audiobooks are the best way to listen, unplugged and uninterrupted.

WWW.PLAYAWAY.COM
© 2016 Playaway. Patented. All rights reserved.
Designed in Ohio. Made in China.

ISBN 978-1-4676-2156-4



LIGHT

PLAYAWAY® and associated logos are registered trademarks of Findaway World, LLC.
31999 Aurora Road, Solon, OH 44139 USA