

THE COMPLETE
Leaky Gut
Health & Diet Guide

Improve Everything from Autoimmune Conditions to Eczema By Healing Your Gut

A better understanding of **leaky gut syndrome** and knowing how to treat it more effectively may be the pieces of the puzzle that improve your health.

Dr. Makoto Trotter, BSc (Hons), ND, is a licensed naturopathic doctor, proud dad and cofounder of a multidisciplinary health clinic. He is passionate about holistic medicine and strongly believes that prevention and health optimization are the cornerstones of individual wellness and long-term health.

Doug Cook, RD, MHSc, is a registered dietitian and integrative nutritionist.

Learn safe, effective treatment strategies that will help settle inflammation and heal the lining of your gut. Along with a wealth of easy-to-understand information and advice, you'll find meal plans and 150 recipes that will enable you to incorporate the diet plan into your daily life and support your overall health.

Common-sense guidance and resources are provided on:

Deciphering Leaky Gut Syndrome • The Symptoms of Leaky Gut Syndrome • Assessing Leaky Gut Syndrome • The Causes of Leaky Gut Syndrome • Conventional Drug and Surgical Treatments • Lifestyle Modifications • Natural Complementary Therapies • Eliminating Inflammatory Foods • Choosing Gut-Friendly Foods • Implementing the LGS Diet Plan

\$24.95 USA
\$24.95 CAN

Robert ROSE

ISBN 978-0-7788-0501-4



PRINTED IN USA

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INCLUDES 150 RECIPES

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