# 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

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Leaky

Gut

Health

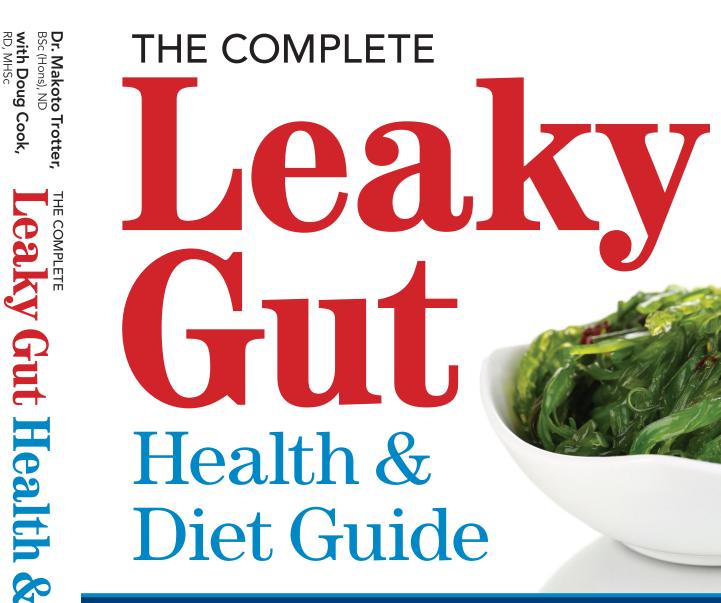
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## **INCLUDES 150 RECIPES**

Dr. Makoto Trotter, BSc (Hons), ND with Doug Cook, RD, MHSc