



**Digestive Wellness: How to Strengthen the
Immune System and Prevent Disease Through
Healthy Digestion (3rd Edition): How to
Strengthen the Immune System ... Through
Healthy Digestion (3rd Edition)**

Elizabeth Lipski

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Sixty percent of the population has suffered from a digestive ailment in the last three months. Acid reflux, heartburn, gastritis, ulcers, lactose intolerance, and food allergies are among the many ailments caused by faulty digestion. *Digestive Wellness* was designed to help you understand the complex relationships between gastrointestinal physiology, diet, and health.

Written by noted nutritionist Elizabeth Lipski, this accessible third edition of the popular resource has been thoroughly updated to reflect the latest information and research on digestive disorders. Here, you will find practical advice on implementing a wellness program to promote health and alleviate a wide range of problems caused by faulty digestion.

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