

'Dr. Colbert's Healthy Gut Zone': Feed the Good

More and more, science is proving that a healthy digestive system is the key to a healthy brain and body. In his new book, *Dr. Colbert's Healthy Gut Zone*, Colbert helps readers "unlearn" everything medical experts have been teaching about healthy eating for the last three decades and reveals the true path to digestive health through proper diet supported by nutritional supplements.

"With the gut, the underlying foundation is always that of making it healthy again," Colbert writes. "When the gut is healthy, people are usually happy. That is always the focus, no matter what—I always tell my patients to 'feed the good!'"

According to Colbert, "feeding the good" means feeding the good bacteria in the gut what they need to be happy, healthy and effective. It is important to eat gut-friendly foods such as those listed below.

1. Salads and vegetables: About one-half to two-thirds of each lunch and dinner should be raw or cooked veggies. The core or base of the "Healthy Gut Zone Diet" is veggies because that is what your gut needs the most. There are endless recipe options and ways to prepare salads, soups, vegetables and toppings.

2. Proteins: It is necessary to get protein from a variety of sources with almost every meal or snack. About one-fourth to one-third of each lunch and dinner should be protein.

3. Everything else: In addition to the veggies and proteins are the fruits, fats, flours, resistant starches and other things that accompany the "Healthy Gut Zone Diet." It is "everything else" that goes along with the veggies and proteins. These are important and healthy additions.

As described above, the core of *Dr. Colbert's Healthy Gut Zone Diet* is feeding the good bacteria in your gut the things that they need. This includes probiotics, prebiotics, polyphenols, fiber and resistant starches. "All combined, gut bacteria will thrive on this mix of ingredients," Colbert explains.

Bestselling author Don Colbert, M.D., explains in his new book, *Dr. Colbert's Healthy Gut Zone*, without hesitation that fantastic health benefits are realized when the gut heals itself. Colbert's newly released book is available through Amazon, Barnes & Noble, BAM, Christianbook, Indiebound and Walmart.

Don Colbert, M.D. *was a board-certified family practice doctor for more than 25 years in Orlando, Florida, and most recently in Dallas, Texas. He is also board-certified in antiaging medicine through the American Academy of Anti-Aging Medicine and has received extensive training in nutritional and preventative medicine. He is the author of three New York Times bestselling books, including Let Food Be Your Medicine, The Seven Pillars of Health and Dr. Colbert's "I Can Do This" Diet along with bestsellers Toxic Relief, the Bible Cure series, Living in Divine Health and Stress Less. He has sold more than 10 million books and treated more than 50,000 patients in his years of practicing medicine.*

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