

Dr. Colbert's Key to Restoring Your Body and Renewing Your Mind

As a physician who has helped an untold number of patients make the journey from disease to health, bestselling author Don Colbert, MD, 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 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. Colbert's newly released book is available through Amazon, Barnes and Noble, BAM, , Indiebound and Walmart.

“It may seem difficult to believe,” Colbert writes, “but every patient I have had who took action to improve his or her gut health always had multiple health benefits come as a direct result. That's because when you heal your gut, your entire body wins! And a happy gut is the foundation for a healthy body.”

Colbert notes that most chronic diseases actually begin in the gut. “I have seen so much good happen with my patients, so many healthy prognoses after seemingly dead-end reports from doctors, that I encourage everyone to at least try it. What harm can it do to focus on your gut's health?”

In *Dr. Colbert's Healthy Gut Zone*, readers will learn what is at the core of the healthy gut zone diet. Here it is in straightforward terms:

- Feed the good. The healthy gut zone diet feeds the good bacteria in the gut the things that are needed (such as

probiotics, prebiotics, polyphenols, fiber and resistant starches).

- Starve the bad. The healthy gut zone diet avoids, minimizes or eliminates sugars, starches, carbs, saturated fats and foods that cause pain, inflammation, leaky gut, bloating or irritation.

- Take time out. The healthy gut zone diet gives the gut time to catch its breath and heal itself.

“That is all your GI tract needs,” Colbert states. “The body is amazing in its ability to heal and recharge itself. And because the entire body is connected to the gut, we must get the gut healthy first. Everything else will follow.”

With the healthy gut zone diet, all three pieces (feed the gut, starve the bad, take time out) come together at the same time. Dr. Colbert explains that the 1-2-3 action is required by the gut, and it makes the whole process that much easier to implement. {eoa}

Don Colbert, MD, 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 thousand patients in his years of practicing medicine.

Dr. Colbert's *Healthy Gut Zone* is published by Siloam, an imprint of Charisma House.

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