

Why Taking a Time Out Is Good for the Gut

It may seem difficult to believe, but every patient bestselling author *Don Colbert, M.D.*, has had who took action to improve his or her gut health always had multiple health benefits come as a direct result. In his new book, *Dr. Colbert's Healthy Gut Zone*, (*DrColbertBooks*), Colbert writes, "That's because when you heal your gut, your entire body wins! And a happy gut is the foundation for a healthy body."

Colbert does not promise that every disease, sickness, ailment or symptom will go away by following what he calls the "Healthy Gut Zone Diet." However, he does encourage everyone to at least try it. "What harm can it do to focus on your gut's health?" asks Colbert.

However, it is crucial to understand 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 your gut the things that they need (e.g., 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 your gut time to catch its breath and heal itself.

After feeding the good bacteria and starving the bad, Colbert advises his readers to give their gut a time out. "Looking at the big picture of overall health and lifestyle going forward,

individuals recognize that the change may need to be gradual,” explains Colbert. “The gut needs a time out. There needs to be a break with the past and a rollout of the new.”

Colbert recommends that his readers understand that this is an eight- to twelve-week (two- to three-month) process. Usually, the gut begins to heal within one to four weeks. “I’ve had some patients feel the benefits immediately, but most start to feel the effects about four to seven days into it,” Dr. Colbert states. “That means symptoms often begin to fade away around the end of the first week!”

After eight weeks, Colbert says that readers can begin to add back into their diet certain foods that they avoid completely at first. “When you begin to slowly increase your food options, such as adding a new food each week, keep in mind that you will want to stay within the overall ‘Healthy Gut Zone Diet’ framework of starving the bad and feeding the good. That means continually avoiding the seven causes of a leaky gut. Usually within three months you can add back in some foods you love. But do not add in sugar foods, gluten, GMO foods or excessive amounts of foods high in saturated fats.”

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 AntiAging 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.

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

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