



The Gut Health Protocol: A Nutritional Approach To Healing SIBO, Intestinal Candida, GERD, Gastritis, and other Gut Health Issues

By John Herron

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Second Edition!

“THANK YOU !!!! I have been suffering from IBS and SIBO for years I came across your "gut health protocol" and followed it to a T... and I truly have not felt this good in years !!!!! You have given me my life back !!!!! I never realized how sick I was, and I forgot how a healthy person should feel. I thought I had to live my life feeling the way I did. Not the case at all !! To everyone out there.... read the gut protocol, follow what is suggested...its so worth it !!!” — Jackie A.

“I’ve been doing John's protocol for the last two months and it has helped immensely with my SIBO. My bloating and stomach distention are pretty much gone, ditto stools pretty much normal and motility much better. I'm not necessarily 100% better, but it's the first thing I've done beside a ridiculously restrictive diet that has actually helped me heal. In fact, previously my diet was slowly becoming more and more restricted. Give it a try, it's good stuff. And, hey John Herron, thank you!” — Michelle M.

“I would like to share that I have had such great success. My gut is probably about 90% better. I realize that it still probably has issues and this is a journey of healing and keeping it well, but I have had no bloating, belching, constipation or diarrhea, and limited moments of soreness. I feel that I am digesting my food and the shortness of breath, heart palpitations, and discomfort in my throat are gone too.” — Berea F.

“I just looked at your latest protocol and I have to say it is totally amazing! It seems more thorough than most of the 5 books I have read. Were/are you something famous for your job?” — Debbie H.

The Gut Health Protocol outlines natural approaches to tackling dozens of stomach and intestinal health issues using only scientifically studied natural herbs, supplements and diet. Supplements commonly available in local health foods stores and at your favorite online retailer. Many common ailments often have gut issues as their underlying cause, conditions such as: recurring stomach aches, diarrhea, constipation, heartburn, IBS, acid reflux, nausea, eating disorders, eczema, obesity, Chronic Fatigue Syndrome and even major depression have all been linked to gut issues. The root of many of these problems can often be traced quite convincingly to Small Intestinal Bacterial Overgrowth (SIBO), intestinal candida albicans, h.pylori bacteria overgrowth in the stomach, bacterial dysbiosis throughout the gut or other secondary conditions that these infections cause. The Gut Health Protocol can usually resolve these issues, and without damaging antibiotics or steroids. Even if you choose to go the antibiotic route The Gut Health Protocol can make the treatment more effective and can help prevent serious complications.

Over 1200 published scientific studies are summarized and explained in easy to understand language, over 500 pages long. Unlike many self-help books nearly everything in the book is based on science, not opinion. The author takes all of this brilliant research and translates it to the practical application of healing and caring for our gut.

The book is written in such a way as allow your doctor to easily look up the research to validate the claims and treatment suggestions. No need to take the author's word for anything, you and your doctor can read the research. It is recommended that everyone works with a doctor to determine a treatment plan.

Though everyone's condition is different, you can be feeling much better in as little as 2 weeks, naturally and without risky antibiotics.

Be sure visit The Gut Health Protocol support group on Facebook, there are thousands of members just like you, all helping each other.

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Editorial Review

About the Author

John Herron thinks of himself as a “meta-researcher”, a person who researches the research. He doesn't do medical studies, he finds them, digests them, and translates them for his readers. John began this meta-research not out of desire, but necessity. He had been sick for many years with intestinal, stomach, and various other issues that doctors were helpless to cure. Thus he began doing his own research, not browsing the thousands of self-help websites, but scouring published medical and scientific research studies. This meta-research led him to not only find many potentially helpful natural supplements that had great potential to eliminate gut infections, but also to herbs and foods that can heal the damage done by these infections. What resulted was a new understanding of what needed to be done, and in what order, to heal his own health issues, a healing protocol. John started sharing this information with some people he met on Facebook that had similar issues, many of them, on their own accord, started testing his theories and reporting back. When their results matched his own experiences he knew he was on to something. This resulted in his first book, “The Gut Health Protocol”. John continues to research other health conditions and sharing his research with thousands of people in the Facebook group “The Gut Health Protocol”. Many of the research studies have been tested in the lab, are safe and effective, but have never been used in medical practice. The reasons are simple, there are no drug companies willing to sell a product that has very little profit potential, products that would possibly cripple the sales of their existing medications. John hopes to write additional books in the future, with the hope that results of this meta-research leads more people to discover natural cures for common ailments. Ailments that modern pharmaceuticals may not have all the answers or may have serious side effects.

Users Review

From reader reviews:

James Stewart:

Why don't make it to become your habit? Right now, try to ready your time to do the important act, like looking for your favorite book and reading a reserve. Beside you can solve your problem; you can add your knowledge by the guide entitled The Gut Health Protocol: A Nutritional Approach To Healing SIBO, Intestinal Candida, GERD, Gastritis, and other Gut Health Issues. Try to stumble through book The Gut Health Protocol: A Nutritional Approach To Healing SIBO, Intestinal Candida, GERD, Gastritis, and other Gut Health Issues as your pal. It means that it can being your friend when you experience alone and beside that of course make you smarter than ever before. Yeah, it is very fortunated in your case. The book makes you more confidence because you can know almost everything by the book. So , let us make new experience in addition to knowledge with this book.

Sergio Espinoza:

What do you concentrate on book? It is just for students since they're still students or the idea for all people in the world, the actual best subject for that? Merely you can be answered for that question above. Every person has several personality and hobby for every other. Don't be pressured someone or something that they don't would like do that. You must know how great and also important the book The Gut Health

Protocol: A Nutritional Approach To Healing SIBO, Intestinal Candida, GERD, Gastritis, and other Gut Health Issues. All type of book could you see on many solutions. You can look for the internet resources or other social media.

Bryon Diaz:

Hey guys, do you really wants to finds a new book to read? May be the book with the title The Gut Health Protocol: A Nutritional Approach To Healing SIBO, Intestinal Candida, GERD, Gastritis, and other Gut Health Issues suitable to you? Typically the book was written by popular writer in this era. The book untitled The Gut Health Protocol: A Nutritional Approach To Healing SIBO, Intestinal Candida, GERD, Gastritis, and other Gut Health Issues is the one of several books this everyone read now. This specific book was inspired many people in the world. When you read this guide you will enter the new dimensions that you ever know prior to. The author explained their plan in the simple way, so all of people can easily to comprehend the core of this book. This book will give you a lots of information about this world now. To help you see the represented of the world with this book.

Andrew Leavens:

This The Gut Health Protocol: A Nutritional Approach To Healing SIBO, Intestinal Candida, GERD, Gastritis, and other Gut Health Issues is great publication for you because the content which can be full of information for you who always deal with world and get to make decision every minute. This particular book reveal it details accurately using great manage word or we can claim no rambling sentences inside. So if you are read this hurriedly you can have whole info in it. Doesn't mean it only gives you straight forward sentences but tricky core information with attractive delivering sentences. Having The Gut Health Protocol: A Nutritional Approach To Healing SIBO, Intestinal Candida, GERD, Gastritis, and other Gut Health Issues in your hand like having the world in your arm, facts in it is not ridiculous one. We can say that no e-book that offer you world inside ten or fifteen moment right but this reserve already do that. So , this is good reading book. Hey Mr. and Mrs. busy do you still doubt in which?

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