



## 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:**

##### **Kelly Watson:**

Have you spare time for just a day? What do you do when you have considerably more or little spare time? That's why, you can choose the suitable activity to get spend your time. Any person spent all their spare time to take a wander, shopping, or went to typically the Mall. How about open as well as read a book entitled The Gut Health Protocol: A Nutritional Approach To Healing SIBO, Intestinal Candida, GERD, Gastritis, and other Gut Health Issues? Maybe it is to become best activity for you. You understand beside you can spend your time together with your favorite's book, you can smarter than before. Do you agree with their opinion or you have additional opinion?

##### **Bella Singer:**

People live in this new day time of lifestyle always make an effort to and must have the spare time or they will get wide range of stress from both everyday life and work. So , if we ask do people have extra time, we will say absolutely sure. People is human not only a robot. Then we consult again, what kind of activity are you experiencing when the spare time coming to anyone of course your answer can unlimited right. Then do you try this one, reading ebooks. It can be your alternative within spending your spare time, often the book you have read is definitely The Gut Health Protocol: A Nutritional Approach To Healing SIBO, Intestinal

Candida, GERD, Gastritis, and other Gut Health Issues.

**Dorothy Penland:**

The Gut Health Protocol: A Nutritional Approach To Healing SIBO, Intestinal Candida, GERD, Gastritis, and other Gut Health Issues can be one of your basic books that are good idea. All of us recommend that straight away because this guide has good vocabulary that could increase your knowledge in vocabulary, easy to understand, bit entertaining but nevertheless delivering the information. The article author giving his/her effort that will put every word into joy arrangement in writing The Gut Health Protocol: A Nutritional Approach To Healing SIBO, Intestinal Candida, GERD, Gastritis, and other Gut Health Issues yet doesn't forget the main level, giving the reader the hottest along with based confirm resource details that maybe you can be certainly one of it. This great information can certainly drawn you into fresh stage of crucial thinking.

**Kim Phillips:**

Is it a person who having spare time after that spend it whole day simply by watching television programs or just lying on the bed? Do you need something totally new? This The Gut Health Protocol: A Nutritional Approach To Healing SIBO, Intestinal Candida, GERD, Gastritis, and other Gut Health Issues can be the response, oh how comes? It's a book you know. You are so out of date, spending your free time by reading in this new era is common not a nerd activity. So what these books have than the others?

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