

Food Combining & Digestion

101 Ways to Easily Improve Your Digestion

Is your digestion energizing and nourishing you? Or, are the stresses of digestion and elimination taxing and draining your health and longevity? This easy-to-follow book leads you through the process of stopping indigestion and getting more nutrition from the food you eat.

- Stop Gas & Indigestion
- Produce More Enzymes
- Reduce Weight
- Optimize Nutrient Absorption
- Increase Energy
- Eliminate Dinner Fatigue

ADAM HAD IT EASY. He ate the fruit off the trees and the leaves from the plants. There was no pasta, pesto, or pizza. Our modern diet, with all its processing, cooking, canning, microwaving, and artificial ingredients, requires more dietary gusto than our sedentary lifestyles can muster. Flatulence is not the only fallout. We pay for our indigestion by sacrificing some of our mental acuity, immunity, energy, and longevity. Every stress on the digestion/elimination system is a drain on our daily energy level and a threat to our long range health. By adding some simple concepts and eliminating bad habits, we can optimize our digestive efficiency and reap the dividends of increased energy and robust health.



"As someone who is very familiar with how sugar and yeast can wreck your digestive system, I'm delighted with Steve Meyerowitz's new book. He has put together the most sensible and easy-to-follow suggestions for better digestion that I have ever seen."

—William G. Crook, M.D.,
author of *The Yeast Connection Handbook*,
and *Tired - So Tired!*
and the *Yeast Connection*

"For two years, I used your Food Combining book as a bible. It really helped!!!"

—Rita Rovner,
Baltimore, MD

"After reading several books on the topic, I still had some questions. This book answered those questions without lots of scientific details. I can tell you, it works!"

—Carla Fullwood,
Crescent City, CA

"I have been plagued with gas and indigestion it seems...forever. I have been to countless doctors and spent a fortune on tests....With your fabulous little book....I have experienced more progress than I have in years."

—Mrs. Alice Angelos,
New York, NY

"Stop treating your stomach like a compost and start treating it like a garden."

—Steve Meyerowitz

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