



Digestive Wellness: Strengthen the Immune System and Prevent Disease Through Healthy Digestion, Fourth Edition

Elizabeth Lipski

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The definitive guide to healthy digestion!

Digestive Wellness explains how your digestive system works and what to do when it doesn't. You'll find practical solutions to all the common gastrointestinal disorders (and many other conditions) and expert guidance on the newest advances in testing and diagnosis, nutrition, and natural therapies. Plus, you'll learn how faulty digestion can affect the human body systemically, from migraines and skin issues to fibromyalgia and chronic fatigue syndrome.

“Dr. Lipski offers a practical toolkit to support each of us—clinicians and patients—to return to wellness by bringing our gastrointestinal system back into balance and harmony. I believe that you will deeply benefit from joining Dr. Lipski on this journey toward digestive wellness.”

—Patrick Hanaway, M.D., Chief Medical Officer, Genova Diagnostics; President, American Board of Integrative Holistic Medicine

“For anyone who has an interest in truly understanding how the gut works or is just interested in finding ways to optimize quality of life during the aging process, *Digestive Wellness, 4th Edition* is a must read.”

—Jeffrey Moss, D.D.S., CNS, DACBN, Moss Nutrition

“Liz Lipski explains digestion in a most appetizing and personal way. Even better than the last edition, Liz updates her understanding and ours. Everyone with a digestive tract has a need to know what Dr. Lipski synthesizes so well.”

—Russell M. Jaffe, M.D., Ph.D., CCN, founder, ELISA/ACT Biotechnologies, LLC, and Perque, LLC

“Dr. Lipski has written an easy-to-read and highly informative book that will help the general population and practitioners alike understand what the problem is and how to treat it. It is a must-read for anyone who wants to learn more about the intimate relationship between our digestion and our health.”

—Marcelle Pick, RNC, M.S.N., OB/GYN NP



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